

# Bavarian News

Vol. 5, Nr. 25

U.S. Army Garrisons Grafenwoehr, Hohenfels, Ansbach, Schweinfurt and Garmisch

December 23, 2009

## HOHENFELS EAGLES LAND

Four members of the Hohenfels community complete their journey, make Eagle Scout

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## GARMISCH GOAL!

A local hockey team brightens elementary students' day with sportsmanship and reading

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## SCHWEINFURT BRUSHING UP

Soldiers from 630th MP Company train for real-world scenarios in Afghanistan

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## ANSBACH PAST RETURNS

A Soldier and his wallet are reunited after 61 years

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The next edition of the Bavarian News will hit newsstands in the new year, Jan. 20, 2010.

For updates on events and community news in the meantime, check the weekly community newsletter or visit the garrison's Web site at [www.grafenwoehr.army.mil](http://www.grafenwoehr.army.mil).

### O Christmas tree

On- and off-post communities offer Christmas tree recycling, but don't forget to remove those decorations. See What's Happening, Page 10.

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## VFW, Scouts spread joy

Story and photo by  
**NICK D'AMARIO**  
*Command Information Chief*

U.S. Army Garrison Grafenwoehr community members ensured the holidays were memorable for hundreds of Czech orphans by providing presents as part of an annual holiday initiative started by the Veterans of Foreign Wars in the city of Most, Czech Republic, in 1991.

Nearly 200 children at a children's clinic and orphanage in Most received presents from generous community members in this year's joint VFW and Boy Scout Troop 240 initiative, Dec. 12-13. The presents were personally handed out by an American-style Santa (played by VFW member Martin Sands).

This was the first trip to Most for Sgt. William Goff, VFW Post 9334 senior vice commander. "It's important to give back to children around the world to build strong relationships and show we care, not only for our children, but for all children," he said.

Command Sgt. Maj. Frank Wood, Boy Scout unit commissioner for Rose Barracks, travelled to Most with three Boy Scouts of Troop 240 as part of their shared mission with the VFW's holiday program.

"Our scouts can see the importance of their involvement in supporting their charter organization (VFW) and how the tenets of service and citizenship in their community are all part of the greater community," Wood said.

Troop 240 scout John Wood, 16, sees the VFW and scouting support as important for the lesser-fortunate Czech children as it sends an important message that "it doesn't make them feel alone, and that there are people who care about them."

The annual event debuted in 1991, when then-county commissioner Pavel Weiss, and local translator Frank



Czech orphans surround Santa (Martin Sands) at the Most central orphanage, Dec. 13. VFW Post 9334 and Boy Scout Troop 240 provided presents to the orphans as part of an annual holiday initiative.

Ringes worked with VFW three-war veteran Hal Hedges to coordinate the first event. All three of these gentlemen have attended the annual event since.

The VFW motto, "We honor our

dead through the living," was clearly exemplified with the love and generosity displayed by the VFW, Troop 240 and the USAG Grafenwoehr community for Most's less fortunate children.

## FRSTs train to intervene

by **MELISSA WOLFF**  
*Assistant Editor*

"Most people that commit or attempt suicide don't want to die – they want relief," said Chaplain (Lt. Col.) James Hartz to a group of 10 family readiness support technicians at the Vilseck Army Community Service Center, during an Ask Care Escort-suicide intervention, known as ACE-SI, skills training course, Dec. 17.

The training was part of the implementation of the U.S. Army Garrison Grafenwoehr's Suicide Prevention Action Plan, which was developed to invigorate the suicide prevention program in conjunction with the quarterly garrison-wide Suicide Prevention Task Force meeting in mid-November.

Through this plan, the ACE-SI training program will now be mandated yearly for Army leadership and Soldiers down to the team and squad leader positions in the beginning months of 2010.

According to Hartz, one of the ACE-SI instructors at U.S. Army Garrison Grafenwoehr, the training is "suicide first aid" designed as a condensed

See ACE Page 21

For more on how the Department of the Army is revamping its approach to suicide-intervention training, see Page 21.

## New houses are energy efficiency 'on steroids'

'Passive house' project will combine to add 106 new homes to Ansbach by 2010

by **CAROL E. DAVIS**  
*U.S. Army Corps of Engineers-Europe  
Public Affairs*

A small garrison in northern Bavaria will soon be home to most energy efficient houses the U.S. Army has ever built.

Foot-thick insulation, triple-paned fiberglass windows and foam-sealed utilities are just some of the features these super energy-efficient homes – called Passivhauser, or "Passive Houses" in English – will have.

"These houses are like energy efficiency on steroids," said James McPeak, U.S. Army Corps of Engineers Europe District project

engineer at Ansbach. "Every energy-saving commodity is included in these houses."

In total, the Corps will oversee the construction of 22 passive houses by late 2010 as part of a three-phased, \$52 million family housing program that will ultimately place 106 new homes at the installation.

Although the remaining 84 homes won't meet Passivhaus standards, they will adhere to German EnEV energy-saving standards, which are still more energy efficient than American standards.

"This is a pilot project for U.S. Army in Europe using a combination of U.S. Army housing requirements with cutting-edge German design criteria," said McPeak. "Passivhaus units are about 15 to 20 percent more expensive to build than a standard German house, but large long-term energy

See ANSBACH Page 20



Photo by Jose Argueta

### Sharing the holiday spirit

Cub Scouts from Pack 49 in Netzaberg shared the Christmas spirit with residents of St. Sebastian Senior Living Center in Grafenwoehr, Dec. 10. Cub Scouts, ranging from 7 to 11 years old, sang songs with the residents in English and German.

## Retirees living in Germany benefit from new law

*U.S. Army Europe Public Affairs  
News Release*

MANNHEIM, Germany -- Retired service members who live in Germany as ordinary residents can benefit from new arrangements with the German government regarding duties charged on purchases made in American military exchange and commissary facilities and packages received through U.S. forces post offices.

The arrangements, which took effect Nov. 1, put into law benefits which previously had been agreed to but for which no law existed, said Rula Strumpen

with the U.S. Army Europe Office of the Provost Marshal Host Nation Customs Policy Branch.

"The concession, meaning the authorization for retired military personnel to shop at U.S. forces sales facilities -- which applies also to surviving dependents, retired reservists, 100 percent disabled veterans and unaccompanied dependents whose sponsor is serving in a restricted tour area -- granted by the German Federal Ministry of Finance Customs Department during the past 50 years now has the force of law," Strumpen said. "This is a great benefit," she added. "The ruling applies not only to U.S. person-

nel, but also to the personnel of the other Sending States Forces in Germany."

In 1964, Strumpen explained, the German Federal Ministry of Finance Customs Department granted an exception to retired military personnel who live in Germany or who visit Germany for at least 30 days but are not covered by the Status of Forces Agreement and Supplementary Agreement for Germany. The exception allowed them and their accompanying dependents to shop in Army and Air Force Exchange Service and Defense Commissary

See RETIREES Page 21

## COMMANDER'S MESSAGE



# Garrison reflects on successes of 2009

The holidays are a time of giving, and our community has certainly shown

the spirit. This year we received \$304,164.27 in contributions for our 2009 Combined Federal Campaign. Not only did we exceed our goal by nearly \$55,000, but this is the biggest year we've ever had in Grafenwoehr's CFC history. This speaks volumes about the generosity and compassion of our community. In fact, all of our military communities in Bavaria did exceptionally well.

Our suicide prevention program is also receiving support and attention from our community. We

began our ACE-SI (Act, Care and Escort-Suicide Intervention) training for all Family Readiness Support

Technicians last week. Our redeployed units have been participating in Warrior Adventure Quest, and the program will continue until March.

Our behavioral health professionals and our Military and Family Life Consultants are working closely to ensure the best use of our resources.

We began distributing posters and cards with information and phone numbers. We are also working on several special projects, such as special presentation "Theater of War," a play about post-

deployment behavioral health issues, for early next year.

Training for new suicide programs such as Applied Suicide Intervention Skills Training, known as ASIST, and the Comprehensive Soldier Fitness program, CSF, are also being instituted.

We want to ensure every possible suicide prevention resource is available and used to the fullest extent.

We also kicked off our safety program's Voluntary Protection Plan, or VPP, last week. We've seen our workplace accident rates for local national employees increase by 47 percent over the last year. Likewise, we had a spike in nontactical vehicle damages due to poor driving or inattention.

While reporting of accidents may go up as employees have a better understanding of what is reportable and how to report it, the Volunteer Protection Plan is a way of making safety a daily activity and will help us reduce the accident rate in the long run.

Safety is not just a workplace activity. As we enter the final weeks of the holiday season, let us all make safety a part of our leave and travel plans. Whether traveling back to the U.S., just driving to Nuernberg for a day of shopping, or going to a New Year's party in Vilseck, we should take into account the driving conditions and make arrangement for a designated driver if necessary.

Thank you for making 2009 a fantastic year. We opened a USO

and Soldier facility, along with a new shoppette at Netzaberg; we successfully redeployed and deployed numerous units; we reconfirmed our commitment to the Army Family Covenant; we celebrated the 20th anniversary of the Fall of the Berlin Wall with our German neighbors; and celebrated the Year of the NCO.

These are just a few of the highlights for our great community and we expect 2010 to be even better.

Happy New Year and stay Army Strong!

*Col. Chris Sorenson  
Commander, U.S. Army  
Garrison Grafenwoehr*

## CSM CORNER



## Official Year of the NCO ends, recognition continues

As 2009 draws to a close, the Year of the Noncommissioned Officer also officially comes to a close. Although the year is ending, we must continue to honor the role of our NCOs.

Current and future NCOs must also always recognize the need to strive for excellence as mentors, leaders and members of the backbone of the U.S. Army.

Looking back on this year of the NCO, I am especially proud of one of our very own NCOs from U.S. Army Garrison Grafenwoehr. Sgt. 1st Class Aaron Beckman of the Joint Multinational Training Command was named the Army's NCO of the Year during the Year of the NCO. Beckman competed in the Best Warrior

Competition locally and eventually against the Army's best worldwide. He served as a role model throughout the competition for what NCOs should Be, Know, and Do, and brings great credit upon himself, fellow NCOs and USAG Grafenwoehr during this, the Year of the NCO.



The Year of the NCO officially culminated at USAG Grafenwoehr and the Joint Multinational Training Command, Dec. 10, at the Tower Theatre in a ceremony that honored the NCO corps. Soldiers dressed in historical uniforms that represented the long history and role of the NCO corps. Thank you to everyone who was involved in the ceremony and also who helped celebrate the role of the NCO throughout this year.

As the year ends, the holiday season is upon us.

Many of us will be traveling during this time. I ask that if you are traveling near or far, flying or driving to your destination, use care and caution.

Spend some time planning your trip and prepare for poor weather conditions.

Always use a designated driver when drinking.

When leaving your home for an extended period of time, remember to turn off and unplug electrical appliances and appoint a neighbor or friend to watch over your home in your absence.

Check with your unit or the housing office for detailed information about preparing your home during holiday travels.

As you prepare to travel, take this opportunity to get your H1N1 vaccine as

well. The vaccine is now available for all beneficiaries ages 6 months and older, DoD employees and contractors regardless of age or risk group.

Contact the health clinic about walk-in access or to make an appointment to receive the shot. Before traveling, take this step to ensure you have a safe, healthy and enjoyable vacation.

Stay Army safe this holiday season!  
Happy holidays!

*Command Sgt. Maj.  
William Berrios  
CSM, U.S. Army  
Garrison Grafenwoehr*

## Budgeting for the Christmas season requires thinking ahead

by J. CAREY PERKS

*ACS Financial Readiness*

The 2009 holidays are almost over. Are you feeling nostalgia or relief?

Most of us have a combination of both extremes as the happy holiday may also cause times of stress.

We have fun decorating but we dread taking it all down; we enjoy the music the first two or three times but are bored with it all by the end of the last carol.

The same feelings are valid for the cost of Christmas: it can be fun buying gifts for our loved ones, but then we look at our accounts and may experience feelings of remorse. As the sugar plums dance in our heads, so will the question "How do I pay for it all?"

As we purchase presents, mail them back home, and buy more food than we really need, the holidays may come to us as a season of overspending and overindulging.

What is the cure? Think about how the 2009 holidays are going, and start planning for the holidays in 2010. Here are some tips from your Army Community Service Financial Readiness team.

Create a budget for next year's holidays. There are several ways to do this. One way is to start shopping in the summer, buying a few gifts every payday. It may be hard to hide those gifts from prying children (and spouses), but it will help you stay on track with your spending.

You may also put money away right now and every payday until next December. Hide that money in a

special savings account. Many banks and credit unions offer "Christmas Clubs" which are regular savings account specific for holiday shopping.

Ensure that your budget includes things you would regularly purchase, such as decorations, postage, cards and gift wrapping.

Keep in mind the budget also includes money for office parties, last-minute gifts for co-workers, teachers and loved ones. And don't forget New Year's Eve. There are plenty of resources to help you have an on the budget fun celebration.

Once you have calculated your budget, add the cost of all the birthdays and anniversaries in a year, and the total amount may scare you. Divide that amount by 12, and you have the amount of money you should start saving every month. It may be a lot of money, but just having it already in savings can make special occasions a lot happier and less stressful.

Be creative. Many people really enjoy homemade gifts (or recycled gifts). Craft shops and online resources may provide some really great ideas, and having the entire family work together has added benefits.

When it's time to buy, do some serious price comparisons. This can easily be done online by simply entering the name of the product on a search engine, and you will find many links.

Buyers beware: shopping online can be expensive due to shipping and handling costs. Make sure the company has a shipping deal or a discount.

When shipping, do not wait for the

last minute when you feel obligated in paying express fees.

Most of us are in Europe for the first and only time in our lives – buying local products may be a great way to remember the European experience or give your loved ones something unique. Start purchasing small items as you travel throughout Europe during the year.

Planning ahead will bring you great financial benefits. We know that immediately following the holidays, many items go on sale. Purchase those items for the following year at a much lower price. You also avoid the stress of shopping for something in particular in overly crowded stores.

Avoid using your credit cards. If you have the cash, you know that once you purchase the gift, it is done with and not lingering around for the next few months. Take care of it right away and become worry free.

Next year's gift-giving can be stress-free by following these simple steps.

If you have questions, contact your ACS Financial Readiness Program at DSN 475-8371 and 476-2650 or CIV 09641-83-8371 and 09662-83-2650 and set up your appointment.

**Planning well in advance for yearly holiday and birthday gift-giving is the key to a stress-free and financially ready Christmas season. Financial guidance from the ACS Financial Readiness Program can help.**



## Bavarian News

**Grafenwoehr, Hohenfels, Ansbach, Schweinfurt, and Garmisch**

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# JMTC celebrates ‘Year of the NCO’

by Sgt. Maj. RODNEY WILLIAMS  
*JMTC Public Affairs*

The 7th Army Joint Multinational Training Command hosted a ceremony to officially close its yearlong tribute to noncommissioned officers at Grafenwoehr’s Tower theater, Dec. 10.

In the beginning of 2009, Secretary of the Army Pete Geren announced the Army would recognize NCOs in the upcoming year. This was the first such acknowledgement since 1989. At the JMTC, it was an opportunity to honor the NCOs who help to provide world-class training for U.S. and multinational troops.

“As the senior enlisted leader in Bavaria, I have never been prouder in my military career than I am, today, of the level of excellence that is portrayed by each and every NCO in our senior mission command,” said JMTC’s Command Sgt. Maj. Darius ZaGara. “They protect and defend the greatest nation on earth. They are noncommissioned officers.”

Beginning and ending at the 7th Army Noncommissioned Academy, NCOs in the Grafenwoehr military community were motivated with an early morning “fun run” prior to the start of the ceremony.

“The intent was to get together as an installation and participate in a group event that would motivate us toward an end, and that end being the culminating ceremony of the Year of the Noncommissioned Officer,” said ZaGara.

The guest speaker for the ceremony was retired Command Sgt. Maj. Phillip Kinery, a former command sergeant major of the European Command and the U.S. Army’s Sergeants Major Academy.

“We owe an immense debt of gratitude to our leaders, particularly the Chief of Staff of the Army, Gen. George Casey, and the Sgt. Maj. of the Army, Sgt. Maj. Kenneth Preston, for their leadership and the focused investment they have made in the NCO corps this year,” said Kinery to the audience. “Our NCO vision statement provides us our purpose, direction and values, and is still what the Army needs and expects of its NCO corps.”

The ceremony’s highlight was a visual depiction of military uniforms worn by some of today’s NCOs officers and Soldiers as they were worn during 12 distinct periods throughout the history of the NCO corps.

Each Soldier replicated the poses of Soldiers in a picture commissioned by ZaGara entitled “Echoes Thru Time,” which served as the backdrop on stage. Representing today’s Soldier, Sgt. 1st Class Aaron Beckman, the Department of the Army’s Noncommissioned Officer of the Year, was the last to fill in. He expressed to the audience what it means to be an NCO.

“Our professional noncommissioned officer leaders are not just the ones who can regurgitate a creed or quote regulations and manuals. They are the ones that ask their Soldiers in



Photos by Gertrud Zach

**Soldiers provide a visual depiction of military uniforms as they were worn during distinct periods throughout the history of the noncommissioned officer during the Joint Multinational Training Command’s Year of the NCO Culminating Event at Grafenwoehr’s Tower theater, Dec. 10.**

the morning, ‘How are you? or ‘Is everything alright,’” said Beckman. “If there is a problem or issue, a tried and true tested noncommissioned officer has the ability to go back and research the problem, find that Soldier resources, and get them the help that they need.”

Echoing similar thoughts, Sgt. Daniel Micek of the 709th Military Police Battalion, 18th Military Police Brigade, and reigning 2009 U.S. Army Europe and 7th Army Soldier of the Year, shared what his NCO means to him before leading the “Charge of the NCO.”

“I believe my NCO is a mentor and a leader,” said Micek. “He strives to develop me into an outstanding leader who, one day, will take his place to carry on the traditions our NCO corps is built on.”

In order to operate successfully anywhere in the world, the JMTC continues to develop leaders who are equipped with operationally relevant military and cultural knowledge. ZaGara offered his perspective on the “Year of the Noncommissioned Officer” and particularly the ceremony.

“This has been an awesome event,” said ZaGara. “This is a culminating event, period. It is not the culmination of what we as NCOs have to continue to strive to do to move forward and to help our Army continue to grow.”



**NCOs from the 7th Army Joint Multinational Training Command, Headquarters and Headquarters Company, participate in an early-morning group run in celebration of the culmination of the Year of the NCO in Grafenwoehr.**

## 172nd marks return with warrior traditions

Story and photo by  
**DAVE MELANCON**  
*U.S. Army Europe Public Affairs*

SCHWEINFURT, Germany -- Soldiers of the 172nd Infantry Brigade served with honor and distinction, made it through their recent 12-month combat tour of duty and returned home with a stronger sense of comradeship. The same applies to the brigade’s families.

That was the message Col. Jeffrey Sinclair, the brigade’s commanding officer, delivered during the 172nd’s colors uncasing ceremony on the Conn Barracks airfield here, Dec. 5.

“Today represents the organization of the ‘Blackhawks,’ their families and their warriors coming back together,” he said. “We are immensely proud of all the individuals who supported us – all the families, all the children.”

That pride, along with the sense of brotherhood and family, called the “culture of the formation,” is symbolized in the brigade shield which was carried into Iraq, Sinclair told family members and members of the U.S. Army Garrison Schweinfurt community assembled for the ceremony.

The shield was a vital component of the ancient square phalanx formations, Sinclair explained. Although the shield and phalanx are obsolete in modern warfare, the shield remains an important symbol to the brigade.

“We leave our shield back with our families (when the brigade deploys), representing our love and belief in them -- that we go forward so they do not have to,” he said.

The shield, without its Blackhawk emblem, was carried by the Task Force Shield, the brigade’s rear detachment, during the deployment.

“You witness the return of a shield that has a Blackhawk on it that shows the reunion of our families and all of our Soldiers,” he said.



The brigade left for its tour in support of Operation Iraqi Freedom in November 2008, and after five days in Kuwait, moved into southern Iraq as part of the 34th Infantry Division’s Task Force Red Bull.

“We left Kuwait in five days, to move north into Iraq to relieve the brigade that was in contact, and we allowed that brigade and all of its Soldiers to return to their families in time for Christmas,” he said. He praised the Schweinfurt and Grafenwoehr communities’ training and support faculties for preparing the unit so thoroughly that it drastically cut that preparation time in Kuwait.

The Blackhawks were originally responsible for missions in Iraq’s Karbala and Babel provinces, Sinclair said. The brigade assumed responsibility for Najaf, Diwaniyah and Wasit provinces about five months after its arrival.

The ceremony concluded with a traditional “pass in review” of the brigade’s assembled units, and Sinclair urged families and friends in

Following the unit’s yearlong deployment to Iraq, members of the 1st Battalion, 2nd Infantry Regiment’s family readiness group show off the 172nd Infantry Brigade “Blackhawk” shield during the brigade’s welcome home festivities at Conn Barracks in Schweinfurt, Dec. 5.

## Spotlight on Education



**Name:** Ida Voce

**What grade and subject do you teach?** Second grade, all subjects.

**Hometown:** El Paso, Texas.

**How long have you been a teacher?** Fourteen years, five years with DoDDS.

**What do you enjoy most about teaching?** I love it when children catch on to a concept and get excited about their learning. Children are such giving individuals and will open their hearts to you without strings attached.

**What advice can you give students to help them succeed?** They should never give up on school and should ask for help when they are not able to handle new concepts. They should acquire a love for reading as this will help them to succeed in school.

## Local students distinguished as All-Europe athletes

### Volleyball

**First Team**  
Anna Muzzy, junior,  
Vilseck High School

**Second Team**  
Najja Beaulieu-Hains, junior,  
Vilseck High School

### Football

Dominic Barrale, senior, QB, Ansbach High School  
Alex Moya, junior, RB, Ansbach High School  
Angelo Anderson, junior, RB, Vilseck High School

# 2SCR demonstrates firepower to NATO

by **Spc. JERRY WILSON**  
*2SCR Public Affairs*

More than 26 delegations from NATO partnership countries gathered at the Grafenwoehr Training Area, Dec. 3, for a demonstration of two new weapons systems received by the 2nd Stryker Cavalry Regiment – the M-1128 Mobile Gun System and the M-777 Howitzer.

According to Manny Gonzalez, the U.S. Army Europe’s Treaty Compliance Officer for Grafenwoehr, the demonstration was conducted in response to the Vienna Document of 1999.

“Anytime we introduce any new weapon into Europe, that effects the treaty (and) we have one year from the time it enters to demonstrate it,” Gonzalez said. “The reason we do this is for openness and transparency to show the whole world we are not trying to hide anything.”

One central focus of the day was the M-1128 Mobile Gun System.

“The MGS brings tank firepower to an infantry fight,” said Staff Sgt. Donald Phillips, regimental master gunner and subject matter expert on the system. “It’s on a Stryker chassis but has the same main gun as an M-1A1 Abrams tank.”

According to Phillips, the MGS carries a 105 mm cannon and can be used to engage the enemy, destroy bunkers and breach compounds. The system also fires four different types of ammunition depending on the target. It has an automatic loading system that can feed 18 rounds into the main gun tube without requiring operators to dismount. The main mission of the MGS is infantry support.

The other star of the show was the M-777 Howitzer. The M-777 is an advanced, towed, lightweight 155 mm howitzer that meets increased operational needs for mobility, survivability, sustainability and deployment. The weapon provides accurate, reliable, responsive close supporting fires to maneuver forces in all terrain.

Gonzalez said the primarily goal of these types of demonstrations is to strengthen partnerships and create bonds between the U.S. and NATO countries. Noncommissioned officers from as far away as Algiers and Russia attended the demonstration. Gonzalez said that events like these also allow them to see what our NCOs do and how they operate, which strengthens the bond between each country.

“2SCR has taken this weapons demo very seriously,” Gonzalez said. “They have done an outstanding job from setting up the ranges to briefing the delegates. This is a fine example and 2SCR is at the forefront when it comes to treaty compliance.”



Photo By Ralph Zwilling

**Above: The Stryker Mobile Gun System fires a round during the compliancy demonstration held at the Grafenwoehr Training Area, Dec. 3. More than 26 delegations from NATO partnership countries witnessed the weapons demonstration, which is required under a treaty agreement any time a new weapon is introduced in Europe.**



**Left: A gun crew from FIRES Squadron of the 2nd Stryker Cavalry Regiment loads a round into the M-777 Howitzer during the compliancy demonstration held at the Grafenwoehr Training Area.**

Photo by Sc. Jerry Wilson



**First Lt. Frank Micklisch of the German Army runs for a first down during a flag football tournament held as part of 4th Squadron, 2nd Stryker Cavalry Regiment’s Saber Day.**

## Sabers take time for food, friends

Story and photo by  
**Spc. JERRY WILSON**  
*2SCR Public Affairs*

Troopers of 4th Squadron, 2nd Stryker Cavalry Regiment, known as the Sabers, celebrated their annual Saber day recently. Saber Day is an organizational day where Soldiers get together with their families and challenge each other to a variety of sporting events. Among the events on this year’s agenda were shooting, volleyball, flag football, combatives and a 3-on-3 basketball tournament.

This year the Sabers also were joined by their German partnership unit Aufklaerungsbataillon 8. Battalion 8 began its partnership with the Sabers in June, so Saber Day was one of the first opportunities for Soldiers to get together.

“These events are very important for camaraderie,” said German 1st Lt. Frank Micklisch. “It gives us a chance to get to know each other and have some fun together.”

Battalion 8 fielded teams in the volleyball, football and

shooting challenges.

After the morning festivities, participants enjoyed a barbecue at the motor pool.

“We are once again pleased with how Saber Day turned out,” said Lt. Col. Christopher Boyle, Saber squadron commander. “We had great participation from our troopers, Saber families and the Aufklaerungsbataillon 8, our German military partner unit, and fortunately the weather cooperated for as long as we needed it to.”

As the final results from the day’s events were tallied, Mad Dog and Headquarters and Headquarters Troop were the champions of the day, both taking home first place in two events.

Mad Dog scored top honors in the flag football tournament, as well as the American Gladiator competition. Headquarters and Headquarters Troop took home the gold in the tug of war and the shooting competitions. The Lightning Troop won the 3-on-3 basketball tournament, Killer Troop were the stars of the Rockband finals, and the German team dominated the volleyball competition.

## Association makes donation to 2SCR’s Regimental Museum

by **Spc. JERRY WILSON**  
*2SCR Public Affairs*

The 2nd Stryker Cavalry Regiment has long prided itself on its rich history, both in Germany and the United States. As the oldest continuously serving unit in the U.S. Army, 2SCR has collected many artifacts over the years and, in order to preserve this legacy, will create the 2SCR Regimental Museum at its home station in Vilseck, Germany. Retired Sgt. Maj. Ned Devereaux, a distinguished member of the 2nd Cavalry Association, presented the regiment with a picture of St. Mihiel American Military Cemetery in Thiaucourt, France, Nov. 30.

“Only time will dim the memory of their deeds’ is inscribed on the photo as a reminder of the sacrifice of those ‘Great War’ troopers,” Devereaux said. “The picture is just one reminder of our heritage as a regiment.”

Devereaux expressed the significance of the photo as an addition to the museum’s collection.

“Most World War One veterans of the regiment have long passed away of old age,” he said. “This may be the only reminder to troopers of today of the sacrifice made in 1917-1918, when we were the only mounted cavalry regiment who actually participated in battle.”

Devereaux, who served with 3rd Squadron in Amberg and then with 1st Squadron in Bindlach, is the editor of the 2nd Cavalry Association newsletter “The Thoroughbred.”

“One part of the regimental motto is ‘Remember Your Regiment’ and a museum is a wonderful tool to teach young troopers and their family members of the tremendous heritage our regiment has,” he said. “The museum is more than just a collection of historical ‘junk,’ it is a living memory of the thousands of troopers who have served since May 1836 when the regiment was formed.”

The Regimental Museum, which is currently being renovated, is intended to be a lasting reminder of the sacrifices of all Dragoons from the past, as well as those who serve today.

## Web, FRGs empower families

by **Capt. ROBERT HOOVER**  
*2SCR Public Affairs*

The 2nd Stryker Cavalry Regiment is empowering Soldiers and family members by pushing information to everyone before and after arrival to the unit using sponsorship, the World Wide Web and family readiness groups.

Information is something that every Soldier and family member needs upon arrival to any duty assignment. Pertinent information is especially important as Soldiers prepare for deployment and families ready themselves for the time when the unit will be gone.

Approximately 800 new Soldiers and their families will arrive to 2SCR prior to the regiment’s deployment to Afghanistan in the summer of 2010.

Col. James Blackburn, the 75th regimental commander, recently stressed the importance of sponsorship and pointed out that it doesn’t stop until each Soldier and his or her family is well grounded in the community.

The 2SCR Webpage has a link for newcomers where Soldiers can find useful information to assist them before and after they arrive in Germany. Information about local utility companies, cell

phone companies, employment opportunities and customs information are just a few useful items on the Web site.

To keep Dragoons and their families better informed, the 2SCR Webpage is undergoing renovations to make reporting more organized for Soldiers and family members. The new changes will take effect in January and will add some links for on-post activities, add more information to the newcomers tab, and provide access to 2SCR social media Web sites.

Social media is the growing trend and is designed to connect people and organizations. The 2SCR embraces sites like Facebook, Twitter and Flickr to connect our Dragoons with each other and family members while Soldiers are in garrison and downrange.

In addition to social media and the 2SCR Webpage, family readiness groups can also empower Soldiers and family members. FRGs allow families to connect with the unit command teams, and also provide a social network where spouses can meet friends and get the information.

Information is empowering and 2SCR is committed to ensuring that all our Dragoon families feel welcome here in Germany.

# Decorated Soldier comes home

by Retired Col. FRANK COHN

*Special to the Bavarian News*

ARLINGTON, Va. – On a dreary and rainy day, Nov. 30, we buried a 90-year-old former-captain – a World War II and Korean veteran with two Bronze Stars for valor, a Purple Heart with campaign ribbons and battle stars from his service in the Pacific Theater and in Korea – who became an officer by way of a battle field commission while in combat in Korea.

But why was this burial at Arlington National Cemetery unique? After 20 years of service, retired Capt. Joseph Zupan worked in the United States and then with his German-born wife, Annaliese, decided to work in Germany. As he entered his late 80s, he thought it might be time to return home to the United States for the remainder of his days.

But that decision came too late. All arrangements for his trip were made, but soon before leaving, he became ill and doctors advised him not to undertake what would be a very strenuous journey for him. As he turned 90, it became obvious that his life was coming to an end, yet his final wish was that he would return home and be buried at Arlington National Cemetery.

When Capt. Zupan died, Oct. 18, Annaliese was not sure how she would carry out his final wish. She turned to retired Sgt. Maj. David Stewart, president of the Grafenwoehr Garrison Retiree Council, for help. Stewart contacted me, and we coordinated the arrangements.

With the help of the U.S. Army Mortuary Affairs Office at Landstuhl, Germany, the coffin with the body of Capt. Zupan was moved from Germany to Dover Air Force Base and to Arlington by a local funeral home.

The day of the burial, I, along with three couples – long-time friends of the Zupans who had traveled from Utah, Ohio and New Jersey – escorted Annaliese to the cemetery, and stood by her during the difficult time.

In addition, five more members of the Joint Base Myer-Henderson Hall Retiree Council, who had never before heard of Capt. Zupan, met Annaliese in the Administration Building of Arlington National Cemetery a half hour before the burial. This insured that she did not travel to the grave site alone and that Capt. Zupan would receive the honors he was entitled to in the company of fellow retirees – a veteran of World War II, veterans of Korea and other more recent conflicts.

The grave-site service was meticulously arranged.



*Photo by Wendy Ogilvie*

**Soldiers prepare to fold the American flag during retired Capt. Joseph Zupan's burial at Arlington National Cemetery. A decorated World War II and Korean War veteran, 90-year-old Zupan's final wish to return home was made possible as a result of coordination between two retiree councils on different continents.**

At the appropriate time, the cemetery representative led the hearse and the convoy of participants to the grave site. At the site, a seven-member firing party, an Army captain and six pallbearers waited. The hearse stopped and the flag-draped coffin was ceremoniously removed from the hearse, while the veterans saluted and the civilian attendees placed their hands over their hearts.

The widow was seated and a clergyman spoke briefly about Zupan's Army service and led everyone in prayer. Then everyone stood, some saluting and others with hands over their hearts, and listened to three volleys of the 21 rifle salute and the melody of taps.

The pallbearers slowly and carefully folded the flag and the captain in charge presented the flag to Annaliese. A volunteer Arlington Lady, escorted by a Soldier, relayed condolences of the chief of

staff of the Army to Annaliese, along with soothing words of comfort. Retired Col. Reginald Grier of the Retiree Council read a resolution enumerating Zupan's accomplishments and offered the council's condolence to Annaliese.

Annaliese and some of her friends placed flowers on the coffin. When the ceremony was over, all returned to their cars to leave the cemetery, while the coffin, in full view, awaited its placement into the ground by cemetery workers.

Annaliese said she felt comforted. She had achieved her husband's final wish. He had returned home and would stay forever in the company of fellow Soldiers, resting in peace in Arlington National Cemetery.

*Editor's Note: Retired Col. Frank Cohn is the co-chair of the Joint Base Myer-Henderson Hall Retiree Council.*



**Lisa Laliberte, U.S. Army Garrison Grafenwoehr's new customer services officer, is already busy reviewing ICE comments and working key customer issues.**

## Garrison customers have a new 'voice'

**Customer services officer encourages negative, positive feedback for garrison**

**Story and photo by**

**NICK D'AMARIO**

*Command Information Chief*

Lisa Laliberte is replacing Melynda Weaver, who departs for U.S. Army Garrison Hohenfels, as the USAG Grafenwoehr customer services officer.

Laliberte arrived here October from Fort Bragg, N.C., and has 15 years experience in retail management, marketing and customer services. She is married to Sgt. Michael Laliberte of Foxtrot Company, 2nd Squadron, 2nd Stryker Cavalry Regiment, and has a daughter, Madison, 11.

With her experience and military family connection to the garrison, she promises to be plugged in where it counts on important customer service issues.

Customer Management Services (CMS) is a three-tiered feedback system established to determine the satisfaction of the Soldiers, family members, retirees and civilians who work, train, live and play on USAG Grafenwoehr.

Feedback is solicited from multiple sources such as Interactive Customer Evaluation (ICE), quarterly Community Action Council (CAC), and an annual customer service assessment.

Together, these resources provide "a collective voice of the people, allowing individuals on different levels to get involved. It's a 360-degree feedback system, which brings the voice of the people right to the providers who gave the service," said Laliberte.

Since its inception at the garrison, CMS has had a slew of successes. A notable improvement was a 59 percent increase in submissions for the ICE program. But ICE submissions, according to Laliberte, aren't only about reporting substandard or 'bad' service.

"We encourage people to report when things are working well, not just when things aren't working well," she said.

Ultimately, the goal is to improve performance, readiness, recruiting and work-life balance while continuously reporting to the community all the actions taken from this information.

Boxes with ICE comment cards are available around the garrison. The ICE program is also accessible online at [www.grafenwoehr.army.mil](http://www.grafenwoehr.army.mil). All comments are read and plugged into the system.

Look for them and the new CSO, Lisa Laliberte, to assist you in providing ways to develop and improve the garrison.

# 18th CSSB uses ammo to build bonds

by 1st. Lt. NATHAN MILLER

*23rd Ordnance Company*

MIESAU ARMY DEPOT, Germany – Forklifts, pallets, rounds and 24-hour operations might not sound like fun to some people, but for the Soldiers and civilians participating in exercise ACE-Hammer I it was exciting training at its best.

The exercise, which provided the Soldiers and civilians with a unique training opportunity while providing necessary support to the Ammunition Center Europe, combined efforts of the 18th Combat Sustainment Support Battalion and the Theater Logistics Support Center-Europe.

ACE-Hammer I, which took place at the Miesau Ammunition Depot recently, was a great training event that increased the Soldiers' proficiency and revalidated their abilities to accomplish their war-time missions, said Sgt. Christopher Duncan, an ammunition handler from the 23rd Ordnance Company.

In addition, Soldiers did more than just ammunition handling. The 1st Inland Cargo Transfer Company moved cargo and assisted in the inspection of critical containers.

"This was the best training and



*Courtesy photo*

**Sgt. Jasmin Roberson and Pfc. Amy Posik, container handler specialists with the 1st Inland Cargo Transfer Company, 18th Combat Sustainment Support Battalion, 16th Sustainment Brigade, direct the movement of a storage container at Miesau Army Depot.**

most 'stick' time operating my Kalmar (container handler) that I've been able to do in the last two and half years," said Pfc. Scott Hamm, a container handler specialist with the

1st ICTC.

More than 90 Soldiers of the 18th CSSB participated in the exercise with more than 50 employees from the Ammunition Center Europe.

The combined efforts of the two teams resulted in the movement of more than 600 containers and 318 pallets of ammunition.

"This exercise saved the U.S. government thousands of dollars, increased our productivity and provided the unit with realistic training. Ammunition Center Europe is looking forward to the next joint exercise with the 18th Combat Sustainment Support Battalion," said Hans-Jurgen Becker, deputy director, Ammunition Center Europe.

Exercise ACE-Hammer II and III are being planned for the second and third quarter of fiscal year 2010. When asked about another opportunity to participate in another training event with the Ammunition Center Europe, Spc. Anna Valencia, an ammunition handler with the 23rd Ord. Co., said her unit's goal is to handle more than 750 containers and 450 pallets or 250,000 pounds of ammunition next time.

Such positive and energetic attitudes as demonstrated by the Soldiers and civilians of the 18th CSSB and the Ammunition Center Europe help to set a sturdy foundation for mutually beneficial and cost effective future ACE-Hammer missions.

# Contributions can help troops phone home

**AAFES allows families to stay in touch with calling cards**

*Army & Air Force Exchange Service  
News Release*

DALLAS – A recent Harris interactive poll found that only 38 percent of Americans are likely to donate to charity during the holidays, down from 49 percent a year ago. While charitable support may be dwindling, the Army & Air Force Exchange Service wants to make sure that those able to give this year remember the troops serving downrange with a phone call home.

AAFES' "Help Our Troops Call Home" effort,

which allows anyone to leverage deployed military exchange communication platforms on behalf of American troops, makes it possible to send Global Prepaid phone cards to individual service members (designated by the sender) or even "any service member" through various charitable partners.

"Holidays are traditionally the strongest time of the year when it comes to supporting the troops and we want to ensure that all Americans are aware of this affordable option," said Jeffery Helm, AAFES' senior enlisted advisor chief. "This is one of the most difficult times of the year to be separated from loved ones and a simple phone call can make all the difference in the world."

To date, 177,432 individual orders for more than 360,000 Military Exchange Global Prepaid phone

cards have been processed with 30,000 earmarked for "any service member" and distributed via charities such as the American Red Cross, Air Force Aid Society, Fisher House Foundation, Navy-Marine Corps Relief Society, Soldier & Family Assistance Center and USO.

Anyone can help military families stay in touch by simply logging on to [aafes.org](http://aafes.org) <https://thor.aafes.com/scs/default.aspx>, or calling 800-527-2345. From there, dads, aunts, neighbors and even civic groups can send any one of three Military Exchange Global Prepaid Phone cards, including a 550-minute denomination card capable of providing more than two hours of call time from Iraq, Afghanistan, Kyrgyzstan and Kuwait to the United States for only \$27.50.

# Four Scouts make Eagle at Hohenfels

by KRISTIN BRADLEY  
*USAG Hohenfels Public Affairs*

The Hohenfels community celebrated four Hohenfels Boy Scouts who recently achieved the rank of Eagle Scout, the highest rank in scouting, during a ceremony at the U.S. Army Garrison Hohenfels Community Activities Center, Dec. 13.

According to Lt. Col. Yancy Wood, Hohenfels scoutmaster, only two in every 100 scouts make Eagle, an achievement that requires years of work and the execution of a major community service project.

The Hohenfels troop, currently with about 20 active scouts, has had one other Eagle Scout in the past three or four years, said Wood. “Four in one year is especially rare for any troop,” said Wood.

Bryce Cooper, Joshua Cooper, Patrick Vass and Zachary Wood each had to complete a long list of requirements to make Eagle, which, in addition to their service projects, included earning at least 21 merit badges (which they all exceeded), holding a leadership position within the troop and completing an official board of review.

“Making Eagle is not the sole purpose of scouting; it takes a combination of a community and a boy that wants to do it,” said Wood. “It is a significant extracurricular commitment and it’s not just activities and badges or a checklist of hiking and camping. You have to show a moral maturity with respect to your community and religion. The result is a well-rounded young man maybe not with all the answers but with the moral and ethical foundation to make good decisions.”

Wood said for each boy to complete their projects and other Eagle requirements it took a significant amount of command and community involvement, from adult volunteers to supplies and logistical support.

“If they didn’t support us, we couldn’t do it (complete Eagle Scout requirements) on Hohenfels post,” said Wood.

### Bryce Cooper

Bryce Cooper, a sophomore, said he could not have completed his project of restoring the Hohenfels football stadium bleachers without lots of support from the high school, Department of Public Works, Family and Morale, Welfare and Recreation and many peer and adult volunteers.

Cooper and a team of 22 volunteers spent more than 300 hours during July and August removing the stadium’s benches which they sanded, painted and replaced. They weeded the entire stadium and coordinated with DPW to construct stairs that now connect the bleachers to the track.

Cooper said though each individual piece of the project was relatively simple, coordinating the people, supplies and timeline proved challenging.

“Trying to get people to do what you have envisioned versus what they have in their mind and trying to connect those two things, that was hard,” said Cooper. “When I play football I get tired physically, but I have never been so exhausted.”

Still, he said, the hard work was worth it in the end.

“That field is a big community thing so it’s not just one group you’re helping out. When it’s cleaner it looks better and more people come, which hopefully will also help the snack bar bring in more money for the school,” said Cooper.

### Joshua Cooper

Bryce’s older brother, senior Joshua Cooper, actually completed his project in March of 2008 when the family was living in Heidelberg, but wanted to wait for his brother to make Eagle Scout so they could have their Eagle Scout ceremony together.

Joshua also chose a repair project. He and 26 volunteers spent more than 150 hours repairing and painting four skeet houses at the Heidelberg FMWR Rod and Gun Club, giving the buildings a noticeable and much-needed facelift.

“We (the Heidelberg Boy Scout troop) used the club a lot so I asked them if there was anything that needed done,” Cooper said. “They said there was a lot so I had many options. I went with the skeet houses because many people and organizations use them and I wanted to take on a bigger project.”

Cooper said his road to Eagle Scout started in sixth grade when he first joined a troop, but really picked up when his father deployed.

“When my dad went away he left me as man of the house, and I know people say that a lot but I took that seriously as an eighth-grader and I wanted to do him right. I knew working hard in scouts would be what he wanted,” said Cooper.

Cooper said during that deployment he went through his second and first class ranks in one board and became a leader within the troop.

He said he remained just as motivated after his father returned and made Eagle Scout a few years later.

### Patrick Vass

For freshman Patrick Vass, being an Eagle Scout is also a family affair, an honor he shares with his older brother.

For his project, Vass identified, cleared, measured and marked a 10-km hiking trail in the Hohenfels training area. He and 19 volunteers spent 200 hours walking the trail, clearing debris, measuring distances with a GPS, and building and posting signs to mark distances and route possibilities.

Vass said he was inspired to choose his project by his love of the outdoors and hopes the trail will inspire others to get outside and be active.

“I hope the community will use it,” said Vass. “I wanted to make it good for sightseeing too, so there is a good view over Hohenfels at one spot and there are good picnic spots. I hope families will be able to use it and their kids will be able to get out and run around.”

Like the other Eagles, Vass said completing his project was a



B. Cooper



J. Cooper



Vass



Wood



Photo by Kristin Bradley

Left to right: Zachary Wood, Patrick Vass, Bryce Cooper and Joshua Cooper recite the Boy Scout Oath during their Eagle Scout Court of Honor. The four boys all recently became Eagle Scouts through a lengthy process that includes executing a major community service project.



Before

For his Eagle Scout project, Bryce Cooper lead a team of 22 volunteers to update and repair the bleachers at the Hohenfels football stadium.

leadership building experience.

“I had to learn to speak up and to take control,” said Vass. “You can be a follower all you like, you’ll learn things. But nothing really sticks out in you until you become a leader and start doing things for yourself,” said Vass.

### Zachary Wood

Zachary Wood, another young scout, a freshman like Vass, used his project to update the interior of the Family Life and Youth Center in Building 743. He and 12 volunteers spent 100 hours repairing damaged walls, moving furniture and signs, and painting five rooms and a hallway.

“I gave up a lot of social time, time with sports and with friends,” said Wood. “It was tough to balance because your friends want you somewhere and your coach wants you somewhere, but you have to say ‘No, I have to work on my project.’ It helped me mature. It was hard at the beginning but very worth it.

“You shouldn’t pick one because you think it would impress people. Don’t think too much about the time limit either. Just look



After

at what’s available and what’s needed,” Wood said when asked what advice he would give to potential Eagle Scouts looking for a project, adding that he realized “how humbling work is.”

For all four boys, the path to their Eagle Scout ceremony has been one many years in the making. More than 100 people attended the ceremony to celebrate the work these young men, along with their parents, scout leaders and community, put into achieving their goals.

Together they have logged 163 nights spent camping and 98 merit badges (with each boy recording well above the required number), and coordinated more than 775 hours of volunteer service for the community.

All four boys said that becoming an Eagle Scout is not for everyone — it takes hours of work in addition to school and homework and sports and friends — and often requires sacrifices. Though despite those sacrifices, or maybe because of them, each boy also said unequivocally that the achievement was entirely worth the effort.

## GO HOME!

Visit the U.S. Army Garrison Hohenfels Web page, [www.hohenfels.army.mil](http://www.hohenfels.army.mil), for up-to-date news, events, contact information and much more.

# Sgt. Morales Club makes a comeback

Story and photo by  
**KRISTIN BRADLEY**  
*USAG Hohenfels Public Affairs*

After 12 months spent recognizing noncommissioned officers as the backbone of the Army — the Army designated 2009 as the Year of the NCO — the professionalism and dedication of NCOs has been well documented. One group of Soldiers is committed to advancing those traits even further by reinvigorating the Sgt. Morales Club at Hohenfels.

Created to recognize and develop exemplary noncommissioned officers, the Sgt. Morales Club is the U.S. Army Europe equivalent to the Sgt. Audie Murphy Club with similarly selective and intense membership criteria. Both clubs encourage members to not just strive for excellence at work, but also to become active in the community.

Hohenfels has not had an active Morales Club chapter for years, something Sgt. 1st Class Justin McClure, president of the Hohenfels Training Area chapter, and his fellow board members Sgt. 1st Class Tony Turman, club vice president, and Sgt. 1st Class John Zubik, treasurer, are working to change.

“We want to bring it back (an active Sgt. Morales Club at Hohenfels) so we can give back to the community,” said McClure. He said he eventually wants the club to regularly support various community events throughout the year.

“We will be focused on mentoring Soldiers, especially single Soldiers,” said Command Sgt. Maj. Micheal Clowser, club advisor. He said the club plans to work closely with Better Opportunities for Single Soldiers.

Volunteering in the community and mentoring young Soldiers is just one way Sgt. Morales Club members fulfill their mission of being exceptional leaders both on and off the job, said McClure.



**Sgt. 1st Class Justin McClure, far right, president of the Sgt. Morales Club Hohenfels Training Area chapter, speaks to current and potential members at a club meeting. The club’s next meeting is planned for Jan. 6 at 1 p.m. in Building 1259 in Albertshof.**

“It’s the total Soldier concept, being a 360 Soldier. That is what it has always been about even before those words starting being used all the time,” said McClure. “It separates you from your peers. It is a significant accomplishment.”

To become a Sgt. Morales Club member, a Soldier must make it through a four-part selection phase that begins with a nomination from the NCO’s first sergeant and includes three selection boards. McClure said at its fastest, the process takes at least four months.

Among many other requirements, nominees must build and maintain a leader’s book filled with information on their Soldiers and a dizzying amount of Army regulations and procedures.

“You become a walking Army book. When I say it challenges you, I cannot stress that enough,” McClure said, explaining that the process builds an NCO’s skills, knowledge and ability to take care of his or her Soldiers.

“Soldiers see that; they comprehend that ‘I never see him look anything up, but he knows

everything,’ McClure said. “They want to be like you good, bad or indifferent so when they see you doing things right, they will challenge themselves to be like you which challenges you right back.”

Staff Sgt. Stephane Dia, a JMRC Falcon who hopes to become a member of the club, said observing Sgt. Morales Club NCOs made him want to become one, too.

“It is a very prestigious club. The people I have looked up to have been in it. I have seen the work they have done. It is about helping the community and making an impact — not just for Soldiers, but for civilians and kids also — and being an example for the community,” said Dia.

Like Dia, other potential members are already getting involved and have been paired with mentors to help them through the lengthy membership selection process.

Making it through that lengthy process does have its benefits though. Advisors and members alike said Sgt. Morales Club membership can be a bonus for NCOs looking to advance their career, though that is only one of the benefits.

“Yes, it is good for your career, but it is so much more than that. It is about being part of a team and giving back,” said McClure. “It’s fun to be part of something bigger and it’s always nice to give back. I remember what it was like to be a Joe, a young Soldier with nothing.”

Any NCOs that are also interested in being part of ‘something bigger’ are invited to attend the next general meeting of the Sgt. Morales Club Hohenfels Training Area chapter, Jan. 6 at 1 p.m. in Building 1259 in Albertshof.

Check [www.hohenfels.army.mil](http://www.hohenfels.army.mil) and the Hohenfels Hometown Happenings newsletter for any changes.

For more information, contact McClure at DSN 466-3150.

# Chapel programs give extra holiday support

Story and photo by  
**KRISTIN BRADLEY**  
*USAG Hohenfels Public Affairs*

The season of giving is alive and well in Hohenfels and various chapel organizations are working hard to keep it going by taking care of those who need a little extra help this year.

The chapel’s four congregations donated more than \$16,500 for the chapel’s annual Holiday Sharing program that donates turkeys and commissary gift cards to families throughout Hohenfels for Thanksgiving and Christmas.

With the money from the congregations’ special collections, a cash donation and 23 turkeys from Service Credit Union and a donation from the Veterans of Foreign Wars Post 10557, the Holiday Sharing program gave turkeys and commissary gift cards to 60 families at Thanksgiving and close to 100 at Christmas, said Sgt. Jessica Carnes, chaplain assistant.

Carnes said families from all units on post were eligible to receive one of the gifts.

“This is to help every unit, it doesn’t matter who or where as long as they are a family at Hohenfels,” said Carnes, explaining that the chapel relies on unit chains of command to confidentially identify Soldiers and families they think need extra support during the holidays.

Each year chapels throughout the Army conduct the Holiday Sharing program, and though she has seen it before, Carnes said she was especially struck by the generosity of the Hohenfels community.

“Our congregation believes that God has blessed them so they need to reach out and bless other people in return,” said Carnes.

The Military Council of Catholic Women and the Protestant Women of the Chapel organized another sharing program to spread God’s blessings, this time with a deserving community outside the post gates.

The ladies’ organizations arranged an Angel Tree to benefit children at the Parsberg Kinderheim, or children’s home.

On trees at each of the chapels, volunteers hung angel gift tags with the name of a toy written on them. Chapel members took the angels off the tree and returned them with gifts that were then taken to the Kinderheim, Dec. 22.

Audrey Davis, PWOC outreach chairperson, said all 100 angels were gone within one day and those who did not get an angel were still eager to contribute, so this year they took up a second collection of toiletries for the children.

Davis said also for this first time this year, several families will welcome children from the Kinderheim into their home for a traditional American Christmas dinner.

“We do this to show we care about them (German citizens), that we’re not just here taking up their space,” said Davis. “We care about their issues and their community and we want to take care of them as much as they take care of us.”

**Erica Cave and Dawn Glynn, Protestant Women of the Chapel members, arrange gifts donated for PWOC and Military Council of Catholic Women’s Angel Tree. The project collected 100 gifts for children at the Parsberg Kinderheim, or children’s home.**



## Spreading holiday cheer



*Photo by Kristin Bradley*

**The Hohenfels Elementary School Chorus sings holiday carols at the annual Christmas Tree lighting at U.S. Army Garrison Hohenfels. Community members gathered by the tree in front of Building 1, where private organizations sold holiday crafts, hot food, beverages and Christmas trees. Santa and Rudolph the Red Nosed Reindeer even made an appearance, delighting children of all ages.**

## Virtual town hall debuts on Facebook

by **KRISTIN BRADLEY**  
*USAG Hohenfels Public Affairs*

U.S. Army Garrison Hohenfels is now on Facebook and a host of other social media sites in the hopes of reaching an audience of current and future community members that is increasingly turning to the Internet as their primary source of news and information.

Some of the sites offer new ways to access previously available information, like AFN videos posted on YouTube, while some actually increase the community’s access to information, like the Facebook Virtual Town Hall.

“The biggest thing about social media in general is that instead of forcing new people coming into the Army to adapt to our traditional way of communication, we adapt to the way they are already communicating,” said Troy Darr, USAG Hohenfels public affairs officer.

Darr said it is his hope that community members post their questions or concerns on the Virtual Town Hall section of the U.S. Army Garrison Hohenfels Facebook page so the garrison can better address the community’s concerns.

“We can’t improve our services unless we get feedback from our customers about what it is they like and don’t like, what they understand and don’t understand about what it is we do,” said Darr, adding that he aims to respond to town hall queries within two business days.

To get to the Virtual Town Hall, users can type “U.S. Army Garrison Hohenfels” into Facebook’s search field. Click on the page (hint: the garrison site says “Government Official”

under “Type”; there is also a Facebook group named “USAG Hohenfels” that is not connected to the garrison) and navigate to the “Discussions” section, then click on “Virtual Town Hall.”

Darr said that despite this new online option, he wants to reassure people that traditional methods of customer feedback, like the Interactive Customer Evaluation system, will still receive top garrison priority.

Darr said the garrison uses Facebook not just to receive questions from the community, but also to provide the community with information by posting upcoming events and links to news stories about Hohenfels.

Though Facebook is the most interactive and perhaps the most widely used of the garrison’s new social media products, it is not the only weapon in their social media arsenal.

Community members can also get updates about garrison happenings by following USAGHohenfels on Twitter or view photos by visiting the garrison’s Flickr page at [www.flickr.com/photos/usaghohenfels](http://www.flickr.com/photos/usaghohenfels).

Because Flickr only holds a limited number of photos, Darr said the site gives an overview of life at Hohenfels and is geared mostly toward potential or future community members. For current videos about Hohenfels, logon to YouTube and search “USAGHohenfels” for videos posted by the garrison. When watching a video posted by USAGHohenfels, click the yellow “Subscribe” button in the upper right-hand corner to know when new videos are posted.

“We’re a small community and we don’t have every single thing that a large community has, but there are a ton of things to do off post and that is what we’re trying to show,” said Darr.

# What's Happening

## Grafenwoehr/Vilseck Briefs

### Advent schedule

Dec. 24 – Christmas Eve  
■ Rose Barracks Chapel Catholic Vigil Service, 4 p.m.  
■ Main Post Chapel Protestant Christmas Eve Service, 5 p.m.  
■ Rose Barracks Chapel Protestant Christmas Eve Service / Fellowship, 6:30 p.m.  
■ Main Post Chapel Catholic Christmas Eve Service, 8 p.m.  
Dec. 25 – Christmas Holiday  
Dec. 31 – New Years Eve  
■ Netzaberg Pentecostal Service Watch Night Service, 10 p.m. (Main Post Chapel)  
Jan. 1 – Catholic Parish – Mass at the Main Post Chapel, 11 a.m.

### Christmas dinner at USO

The Grafenwoehr USO and Netza-berg Pentecostal Service will host a Christmas Fellowship at the Main Post USO, Bldg.150, Dec. 25, 2-8 p.m.  
Enjoy food, fun, and prizes for the whole family, including a visit from Santa Claus. (Parents, please note, bring a gift for Santa to present to your child/children). Schedule of events: 2-4 p.m., kid's entertainment and raffle; 4-6 p.m., dinner; 6-8 p.m., Christmas entertainment.  
Additionally, individuals are needed to prepare a dish for this Christmas dinner.  
Help single Soldiers and families residing in guest housing enjoy a home cooked meal in a relaxed family friendly environment.  
For more, contact DSN 475-9583 or CIV 09641-605-2946.

### Extra savings on fuel

From Dec. 28 – Jan. 1, military shoppers using their Military Star Card can take advantage of 20 cents per gallon savings for fuel on these dates.

### AFN holiday programming

Click the link, <http://myafn.dodmedia.osd.mil/holidays>, for information on this year's special holiday programming, including six consecutive nights of holiday movies starting Dec. 19, culminating with a 24-hour movie marathon, Dec. 25.

### Christmas Tree pick-up

■ Rose Barracks Vilseck On-Post  
Trees from admin and common areas, barracks and housing, including Americans living off post, may be brought to the Green Waste Collection Point across from the DPW Self Help Store, free of charge, Tues., Dec. 29 and Wed., Jan. 7.

### ■ Vilseck Off-Post

Trees can be brought to the local community Recycling Yards ("Wertstoffhof") during routine opening hours free of charge. This applies to all local communities within the Amberg-Sulzbach county.

### ■ Main Post Grafenwoehr On-Post Housing & Single Soldier Barracks

Post the tree no later than 7:30 a.m., Wed., Dec. 30 and Thurs., Jan. 7, at the closest recycling center. DPW will pick up and compost tree.

### ■ Grafenwoehr Off-Post Housing Areas

Post the tree marked with a "disposal ticket" no later than 8 a.m., Sat., Jan. 9, at your curbside.

All banks in the city of Grafenwoehr sell disposal tickets for 1.50 euros.

### ■ Eschenbach and Netzaberg Off-Post Housing Areas

Post the tree marked with a "disposal ticket" no later than 8 a.m., Sat., Jan. 9, at curbside.

All banks in Eschenbach sell disposal tickets for 2 euros.

Remove all decorations beforehand.  
For more, call DSN 475-6664, 476-2600.

### Newcomer briefings

USAG Grafenwoehr invites all newly arrived family members to attend the weekly community briefings every Wednesday morning.

The briefings include important information such as medical services, overseas banking options overseas, and legal assistance.

Briefings start at 8 a.m. and end at 11:30 a.m. No reservation is necessary; call the Central Processing Facility at DSN 476-2101 for more information.

Note: The Child Development Center provides free child care during the community briefings; to reserve, call CIV 09662-83-2760.

### Energy Conservation Tips

Save money and stay warm. The heating season has started. Save your tax dollars by keeping our energy bill and our pollution output low this winter by setting thermostats as low as comfortable and ventilating rooms wisely by opening the windows only for a short time.

Do not leave the window tilted all day long. Letting in cold air on one hand and heating up on the other will cause increased humidity and vapor formation on the walls; an ideal condition for mold growth.

Call the DPW work order desk if the thermostat is broken or inoperable at 475-6324 or 476-2705.

For more, contact the USAG Grafenwoehr Energy Office at DSN 475-7170.

### MLK birthday celebration

Join community members in commemorating the life of Dr. Martin Luther

King Jr., a great civil rights pioneer that spearheaded the struggle for racial equality within the United States, Jan. 20, 11:30 a.m. – 1 p.m., Performing Arts Center, Bldg. 102/103, Main Post.

Additionally, the prestigious "Dr. Martin Luther King Jr. Award" will be presented to one individual in the Grafenwoehr Military Community who portrays what King envisioned.

For more, contact Master Sgt. Brown, DSN 475-8038 or celeste.brown@eur.army.mil.

### Hockey Players Wanted

Seeking military community adult ice hockey players to represent the U.S. forces in Bavaria at the 2010 military tournament at the Olympic stadium in Garmisch, Feb. 11-13, 2010.

For more, contact Brad Huestis, DSN 475-9071 or brad.huestis@us.army.mil.

All military or civilian ID card holders over the age of 18 are eligible to play.

### Officer Candidate board

The 7th US Army Joint Multinational Training Command (JMTC), will conduct an Officer Candidate School Board (OCS), Feb. 18, at 8 a.m., in Bldg. 109 (Water Tower), 2nd floor conference room.

Interested candidates should turn in their packets to the G1 on Main Post, Bldg. 131, Room 107 no later than Jan. 29, 2010. Ensure all packets are thoroughly reviewed prior to submission.

For more, contact Sgt. Auguste Lee, DSN 475-7095.

### Estate claims

■ Anyone having claims on or obligations to the estate of Sgt. Christopher M. Cooper of B Co., TF 2-28, 172nd Inf. Bde., should contact the court martial officer 2nd Lt. Erick Blackham, at DSN 475-9262, CIV 09641-83-9262 or e-mail Erick.blackham@us.army.mil.

■ Anyone having claims on or obligations to the estate of Pfc. Matthew C. Johnson of C Co., 2-28 Inf. Bde., 172nd SIB should contact the following summary court martial officer, 2nd Lt. Paul Petersen at DSN 475-8011 or e-mail paul.petersen2@eur.army.mil.

### Craft shop events

Framing classes are held the second Wednesday each month from 6-9 p.m. and the fourth Saturday of the month 9 a.m. to noon. Cost: \$35 plus supplies.

For more on craft classes, call DSN 475-6101, CIV 09641-83-6101.

## Hohenfels Briefs

### Snowshoe night hike

Outdoor Recreation will go on a Snowshoe Night Hike at the Neuburg am Inn, Jan. 9. The bus will leave from ODR, Bldg. H15, at 4:30 p.m. and will return around midnight.

The cost is \$80 per person. Price includes transportation, equipment and tour. Seating is limited to the first 14 customers.

For more, call DSN 466-2060.

### Shopping trip to Ramstein

Outdoor Recreation will go on a one day shopping trip at Ramstein, Jan. 9. The bus will depart ODR, Bldg. H15, at 7 a.m. and will return around 10 p.m.

The cost is \$45 per person and seating is limited to the first 50 people.  
For more, call DSN 466-2060.

### Texas Hold'em, Bunco

The Hohenfels community is invited to enjoy themselves in either game, Jan. 15. Texas Hold'em registration fee is \$25, which includes a light buffet. Bunco registration fee is \$10 which includes a light buffet.

Doors will open at the Zone at 5:30 p.m. and the games will begin at 6:30 p.m. For more information call DSN 466-2060.

### Shopping trip to Bodenmais

Outdoor Recreation will go on a one day shopping trip to Bodenmais, Jan. 16. The bus will leave ODR, Bldg. H15, at 7:30 a.m. and will return around 8 p.m.

The cost is \$40 per person and includes transportation to and from Bodenmais as well as a guided tour. Seating is limited to the first 50 people.  
For more, call DSN 466-2060.

### One day ski trip

Outdoor Recreation will go on a one day ski trip to Reit im Winkle, Jan. 16. The bus will leave ODR, Bldg. H15 at 5 a.m. and will return around 9:30 p.m. For more information or to sign-up call DSN 466-2060.

### Hohenfels Education Center

■ Jan. 6: The ACT will be given at 8:30 a.m. The initial test is free for the military. This test usually takes six to eight weeks to get the results back.

The tests at the Education Center are primarily for entrance into the officer candidate programs.

High School students need to contact the Hohenfels High School for National Test Dates for the SAT and the ACT.

■ Jan. 13: The DLAB will be given at 9 a.m. You must have a DA Form 4187 signed by the commander.

■ Jan. 20: The AFAST will be given at 9 a.m. You must have a GT of at least 110 and a DA Form 4187.

For more information call Bobbi Jensen at DSN 466-4040. The Testing Services are offered in Bldg. 351.

### Intro German course

Increase your marketability, raise your cultural awareness, and enhance your communication with the world. Learn the basics of the German language with Elementary German I, an introductory three-credit course offered by University of Maryland University College Europe.

The course dates are Jan. 19-March 11. Interested individuals should contact the Hohenfels field representative at DSN 466-4106 or register online at [www.ed.umuc.edu](http://www.ed.umuc.edu).

Registration begins Jan. 4.

### Gift wrap fundraiser

The American Red Cross is sponsoring the annual Holiday Gift Wrap at the Hohenfels Main Exchange now through Dec. 24.

The hours of the booth will be in conjunction with the AAFES Main Exchange operating hours.

A nominal donation amount is suggested in order for the gifts to be wrapped.

Private organizations, units and FRG groups will man the booth and divide the donations among themselves. The American Red Cross receives a percentage for functioning as the sponsor and administrator.

Shorten your to-do-list and support your local community by having your gifts wrapped at the booth. Stop by the Red Cross office, Bldg. 10, if your unit, club or organizations has not signed-up and would like to.

### Kontakt Club Hohenfels

Join Kontakt Club for its monthly

bowling night Jan. 6 at Lane 17 from 7-9 p.m. All are welcome.

The Kontakt Club is a German-American friendship organization, sponsored by the U.S. Army that includes Soldiers, families, and other Americans supporting USAG Hohenfels, and German citizens from the surrounding communities.

The Hohenfels community is invited to participate in the club's upcoming activities.

For more, visit the club's Web site at [www.kontaktclub-hohenfels.org](http://www.kontaktclub-hohenfels.org), or call the Public Affairs Office at DSN 466-2457.

### VFW meeting

The Veterans of Foreign Wars will meet at the Post Theater Jan. 12 at 5:30 p.m. every second Tuesday of the month.

For questions, contact Rufus Allen at [foxx@allenr.de](mailto:foxx@allenr.de).

## Garmisch Briefs

### Winter FMWR Trips

For more on any of these FMWR trips, contact the Garmisch Outdoor Recreation Alpine Experts at DSN 440-2638, CIV 08821-750-2638.

■ Munich and the Third Reich, Jan. 8 & 10.

Start with a video presentation and a geographical and historical orientation in the Pete Burke Community Center on Friday evening, Jan. 8 at 7 p.m.

On Sunday, Jan. 10, we meet at the Garmisch train station just before 8 a.m. to travel to Munich, recreate the Bier Hall Putsch exactly as it happened in 1923, have lunch, visit the site of the Munich Accords (where Czechoslovakia ceased to be a unified country) and visit other places associated with the Nazi movement.

■ Prague, Jan.15-18

Prague is often on the top of everyone's list of places to visit in the old world.

There will be a "daytime tour" included in the weekend and tickets can also be arranged for those who want to see a ballet (Tchaikovsky's Swan Lake is playing as well as a modern opera).

Cost is only \$270 for the weekend. A minimum of 12 people are required before the trip can take place; a maximum of 14 people can attend.

■ Water Works, Jan. 23

If you thought "Water Works" is only a semidesirable property in Monopoly, think again.

Water can be extremely therapeutic, relaxing, calming, exhilarating and lots of good fun at the Erdinger Therme. Transportation is \$15.

Bring 32-34 euros for the entrance fee plus extra for food and drink.

I got help.  
So can you.



Capt. Emily Stehr contemplated committing suicide after returning from Iraq. She reached out for help and got it.

"Get help when you need it. Take care of yourself emotionally, mentally, psychologically. It's going to make you a better Soldier."

– Capt. Emily Stehr, 2SCR

Get help. Call DSN 475-LIFE.

**the edge**

## Small Group Personal Training

Grades 6-8  
@ The Graf Physical Fitness Center

**Session 1**  
Mondays & Thursdays  
3:15-4:15

**Session 2**  
Mondays & Thursdays  
4:30-5:30

**Session 3**  
Tuesdays & Fridays  
3:15-4:15

**Session 4**  
Tuesdays & Fridays  
4:30-5:30

Transportation will be provided to and from the Graf Physical Fitness Center (if needed).

Contact CYS Services Central Enrollment Offices for more information or to sign up!

Vilseck: 09662-83-2760  
Grafenwoehr: 09641-83-6656

USAG Grafenwoehr

**Ansbach Youth Services presents:**

# **winter Fest**

**December 21-31**



**Week 1**

- Dec. 21 - Murnberg Ice Skating
- Dec. 22 - Ramstein Pool Party & Shopping
- Dec. 23 - Rothenburg
- Dec. 24 - Bowling

**Week 2**

- Dec. 28 - Palm Beach
- Dec. 29 - Indoor Go-Kart Racing
- Dec. 30 - Stuttgart Shopping
- Dec. 31 - Bowling

**Cost: \$60/week**  
Includes activities, transportation, snacks and equipment rentals.

**Registration:**  
Katterbach CER - 09802.83 2533  
Storck CER - 09841.83 4731






The entrance to the Kaltenberg Castle, the home of Prince Luitpold, sits amidst a snowy forest. The castle's village is famous for knights and the occasional barbarian.

Story and photos by  
**JOHN REESE**  
*USAG Garmisch Public Affairs*

In the free state of Bavaria, Kaltenberg Castle is the home of Prince Luitpold, heir to the modern throne, and a magical village famous for knights, chivalry and the occasional barbarian.

The prince is the grandson of Ludwig III, the last ruling king of Bavaria, and his castle and village are better known for their summer jousting tournaments and medieval marketplace. Visiting Kaltenberg is like attending a Renaissance fair, only better; visitors experience a village that actually predates the Renaissance period. The castle was rebuilt after the Swedes destroyed it in 1633 during the 30 Years War.

Beer has been brewed in Schloss Kaltenberg since 1292 and the modern brewery is a comparatively young 140 years old, beginning production during the reign of Bavaria's favorite monarch, King Ludwig II. The German people

are known for their beer, especially in Bavaria, and one cannot get closer to the elixir of royalty than in Kaltenberg.

Jay Proctor, Garmisch Outdoor Recreation, normally specializes in Alpine sports but felt Kaltenberg was worth a special tour and organized an outing. He gathered a bus load of community members, Dec. 12, and served as the designated driver for those choosing to sample the royal suds at a gourmet dinner or with other winter delights at the Christmas markets.

"I was planning to set this trip in July," explained Proctor. "This Christmasmarkt changed my mind — and we'll probably return next summer anyway for the jousting."

When the bus arrived at the market, the ancient village was just waking up as a light snow fell. With Proctor narrating, the group headed in by foot past the village ramparts.

"I did a language program translation of Schloss Kaltenberg and it came up with Lock Cold Mountain," said Proctor of a day of Christmas markets topped off by a sumptuous dinner and beer tasting. "Schloss can translate

to lock or castle, while kalten can mean cold or Celtic."

The group split up to explore the village, shop at the indoor market, and find the restaurant for the traditional Bavarian feast later.

Prince Luitpold was spotted in the castle courtyard clearing snow from his car. He paused to wave at the Americans before driving off.

Still hours before dinner, Proctor took the group into nearby Munich to the Tollwood Winter Festival located on the Oktoberfest Theresienwiese fairgrounds.

The Tollwood, a (mostly) technology-free zone of foods, handicrafts and entertainment, isn't exactly tech-less with electric lights, major Bavarian radio station broadcasting live, and a huge modern temporary structure containing high-tech exhibits and shows. Still, within a few yards one found crafts and foods of Egypt, Greece, Hungary and the rest of the world.

The Tollwood Winter Festival market ends Dec. 23 and the festival culminates at a grand New Year's Eve party with multiple bands and DJs playing rock, reggae and funk dance

music.

Those of Proctor's group more interested in Christmas visited the big market in Marienplatz and Munich's version of the Polar Express, a gaily decorated streetcar running a 20-minute tour through the heart of the city. Both were packed with throngs of people filled with the holiday spirit.

The Christkindl Tram remains on the tracks until Dec. 23, and the crafts market ends Dec. 24.

After a couple of hours in Munich the group returned to Kaltenberg for an evening of tasting different local brews matched up to the courses of a traditional Bavarian winter dinner. Those who chose not to drink alcohol were offered nonalcoholic versions of the same beers.

"I thought the entire trip was well-orchestrated," said retired Air Force Master Sgt. Kelley Smith of U.S. Army Garrison Garmisch community. "My wife Siobhan and I will do this again."

Proctor plans more new and unusual FMWR adventures for 2010.



Left: Christian, the jovial waiter, serves Garmisch culinary adventurers the main beer with the main course. The beer was King Ludwig's beer, which has been brewed since 1870 in Kaltenberg Castle where Prince Luitpold, the great-grandson of the last Bavarian King Ludwig III and next in line for the throne, was seen going about his daily activities. Middle: The main course of the beer sampling meal was a princely meal of pork roast topped with crispy onions, Nurnberger bratwurst and semmel-knodel in a rich brown gravy. Right: The Tollwood Winterfestival takes place on the same fairgrounds used for Oktoberfest and offers a world of international foods and crafts. Signs on the grounds proclaim the streets to be (mostly) free of technology. The festival continues until New Year's Eve where it ends with a grand fireworks-enhanced party.

# Patients’ role to increase at clinics

by JENNIFER WALSH  
*BMEDDAC Public Affairs*

One of the most sacred of all relationships is the one between patients and their health care provider.

There is a superior level of trust, an immediate level of respect and everything is confidential. It sparks the question ... is it possible to improve this relationship?

According to Bavaria Medical Department Activity officials, the answer is yes.

Beginning next year, BMEDDAC will begin practicing health care using the Patient and Family-Centered Care method.

The PFCC method, which originated with the Institute for Family-Centered Care, allows patients to not only impact their health care, but also to affect policies and produce change on a much higher level.

“It’s a new way of doing things for us,” said Lt. Col. Stephen Linck, BMEDDAC deputy commander for nursing. “Instead of us doing something to a patient or for a patient, we’ll be working with the patient on the planning, delivery and evaluation of the health care system.”

According to Jo White, BMEDDAC PFCC program manager, a select group of volunteers will form a patient and family advisory council at each of BMEDDAC’s seven outlying clinics.

These councils will speak on behalf of patients and families about a variety of health care topics.

“What we’re looking for is specific feedback from a handful of our patients,” White said. “We want to sit down with people and determine what’s working and what isn’t. Ultimately, these discussions will improve the quality and safety of our health care.”

Topics that may be discussed include: access to care; reviewing patient satisfaction tools; developing family education materials; ensuring patient safety; educating new employees about a patient’s experience of care and how to communicate; participating in family design planning; and improving the coordination of host nation care.

“The topics of discussion will vary at each clinic because each community’s needs and priorities are different,” White said. “The important thing is that these discussions will result in solutions to problems or lead to great ideas for our clinics

that will benefit patients and families.”

Patients and families interested in joining their clinic’s patient and family advisory council will need to submit an application and become a Red Cross volunteer.

Those selected to join the council will have varying training opportunities such as Red Cross orientation, B M E D D A C newcomer and clinic orientation, and privacy training.

“We’ll start actively recruiting for the councils next year,” White said. “If you want to make a difference in the way you receive health care, consider joining the team. It only takes one person to initiate change.”

For more information, contact your local Army

### Core Concepts of Patient and Family-Centered Care

- **Respect and Dignity:** Health care practitioners listen to and honor patient and family perspectives and choices. Patient and family knowledge, values, beliefs and cultural backgrounds are incorporated into the planning and delivery of care.
- **Information Sharing:** Health care practitioners communicate and share complete and unbiased information with patients and families in ways that are affirming and useful. Patients and families receive timely, complete and accurate information in order to effectively participate in care and decision-making.
- **Participation:** Patients and families are encouraged and supported in participating in care and decision-making at the level they choose.
- **Collaboration:** Patients, families, health care practitioners and health care leaders collaborate in policy and program development, implementation and evaluation; in facility design; and in professional education, as well as in the delivery of care.

health clinic.

To learn more about the PFCC approach, visit the Institute for Family-Centered Care at [www.familycenteredcare.org](http://www.familycenteredcare.org).

# Returning Soldiers should practice 3 Rs

by Dr. TRISH PROSSER  
*USACHPPM*

As the deployed member of your family, coming home can be a time of great joy and also nervousness. Changes have happened on both sides.

You have been away, seen and experienced many different and

often difficult things. Whether you are a husband, a wife, a parent, a son, a daughter or a sibling, coming home can be tough.

The imagined reunion with family may not live up to the dream, and you may be confronted with a list of issues and problems that occurred while you were away. Intimacy and family relationships

may not fall straight back into the place where you left them before being deployed.

Returning to duty also may bring about new issues for previously deployed Soldiers—perhaps some interactions have changed between those that were deployed together and those not deployed.

Each individual responds differently to different stressors and the different experiences that occurred while on deployment. As with most things, there are healthier ways than others to express the kinds of reactions one can have to these stressors.

Trying to keep to the healthier alternatives will ultimately make reintegration a smoother process. Reservists and National Guard members may be confronted with different problems if return to work and routine after deployments creates tension with colleagues who may want to hear about the war and bosses who may expect your work performance to be “business as usual.”

Some things to think about that may help in experiencing the three Rs:

•Set yourself some realistic goals and help your family by

letting them know what it is you need and how they can help you. Vice versa, your family has dealt with many things while you were away; don’t just expect them to drop everything and focus on you.

•Don’t come back and lay down the rules. Watch the new routine and then look for ways you can help out and become a part of it again.

•Listen to your family members. Listen to how your partner has been living while you were away. Listen to your children and what they were doing while you were away.

•Early on, identify people that you can turn to for help and support. Some of these people may be friends who are good to talk to and some may be those that can offer more professional guidance, such as a social worker, chaplain or financial advisor.

•Be patient with yourself and with your family.

Further resources include:

- [www.militaryonesource.com](http://www.militaryonesource.com)
- [www.afterdeployment.org](http://www.afterdeployment.org)
- [www.apa.org/psychologists/resilience.html](http://www.apa.org/psychologists/resilience.html)

•[www.apa.org/psychologists/pdfs/militaryfamilies.pdf](http://www.apa.org/psychologists/pdfs/militaryfamilies.pdf)



Photo by Molly Hayden

**When Soldiers return to their families after deployment, they are reminded of the challenges, joys and steps that each must go through to have a successful reintegration.**

# Injury from drunken, drugged driving is preventable

by LISA YOUNG  
*USACHPPM*

The circumstances of accidents caused by impaired driving may vary, but they share the characteristic that each injury and death caused by drunken or drugged driving is totally preventable.

During December, National Drunk and Drugged Driving (3D) Prevention Month, these statistics from the National Highway Traffic Safety Administration provide a valuable perspective on the pervasiveness of impaired driving:

•Every day, 36 people in the United States die and approximately 700 are injured in motor vehicle crashes that involve an alcohol-impaired driver.

•According to the NHTSA, about three in every 10 Americans will be involved in an alcohol-related crash at some point in their lives.

•In one year, more than 1.4 million drivers were arrested for driving under the influence of alcohol or narcotics. Large as this number is, it accounts for less than 1 percent of the 159 million self-reported episodes of alcohol-impaired driving among U.S. adults each year.

•Drugs other than alcohol (for example, marijuana and cocaine) are involved in about 18 percent of motor vehicle driver deaths. However, it is common for drugs to be combined with alcohol.

•Male drivers involved in fatal motor vehicle crashes are almost twice as likely as female drivers to be intoxicated with a blood alcohol concentration of 0.08 percent or greater. Driving with a 0.08 percent or higher BAC is illegal in all 50 states, the District of Columbia and Puerto Rico.

Soldiers are recognizing the dangers of drinking and driving, which is reflected in the accident numbers. During fiscal 2007, the number of Class A accidents involving alcohol-impaired Soldiers behind the wheel was cut in half from the previous year’s 32, and there was only one alcohol-involved motorcycle crash.

Reductions in alcohol-impaired driver accidents also occurred with sedans and trucks, with the figures dropping from 15 to 10 in sedans and five to none in trucks.

Everyone knows drinking and driving is illegal and dangerous for the person behind the wheel, but impaired drivers also pose a danger to passengers and others. In a number of off-duty accidents, Soldiers have lost their lives when riding in cars driven by drunk drivers.

Reducing the incidence of impaired driving requires a community approach. NHTSA’s primary message during the holiday season is, “Friends Don’t Let Friends Drive Drunk—Designate a Sober Driver.”

What actions could a leader, battle buddy, friend or family member take to prevent 3D accidents? Steps can be taken year-round to ensure that everyone avoids driving under the influence of alcohol or drugs. Prevent future needless losses by following these safety tips:

•Plan ahead by always designating a non-drinking driver before any party begins.

•If you see an impaired buddy about to cause himself or others harm, intervene by taking keys away. Watching out for your buddies even when you aren’t on duty is part of the job description of “friend.”

•If hosting a party this holiday season, remind guests to designate their sober driver, always offer alcohol-free beverages, and make sure all guests leave with a sober driver.

Taking these small steps can prevent the loss of a loved one to your family and to others.

For additional information, visit the U.S. Centers for Disease Control and Prevention, [www.cdc.gov/Motorvehiclesafety/Impaired\\_Driving/index.html](http://www.cdc.gov/Motorvehiclesafety/Impaired_Driving/index.html).

# a shot of advice



by Lt. Col. STEPHEN LINCK  
*BMEDDAC*

Hello, I am Lt. Col. Stephen Linck, deputy commander of Nursing for the Bavaria Medical Department Activity. As the DCN, I am frequently asked questions about health care here in Bavaria.

Please e-mail [brmc-pao@amedd.army.mil](mailto:brmc-pao@amedd.army.mil) if you have a health-related



Linck

question. I will always answer your question via e-mail and your question may appear in the next edition of A Shot of Advice.

**Q.**

Sir, my father and my maternal

grandfather both have diabetes. Does this mean I will eventually get it, too? I’ve heard it is genetic and skips a generation.

Thanks,  
Sweet Tooth in Heidelberg

**A.** Dear Sweet Tooth,

Diabetes is on the rise in the United States and this is a complicated subject. There are two types of diabetes, type 1, which is frequently called juvenile diabetes because it is usually diagnosed in childhood, and type 2, often called adult onset diabetes, because it is normally diagnosed in adulthood. I assume you are referring to type 2 diabetes, which is the most common type. There are many factors that put someone at risk for type 2 diabetes, one of which is indeed a genetic predisposition. There are some risk factors you cannot change such as: genetics, race, age and gender. I have not heard that diabetes skips generations so if you have a family history, you are definitely at risk of developing type 2 diabetes.

From a health promotion perspective, we look at risk factors you can control like diet, obesity, exercise, hypertension, alcohol consumption and tobacco use. Of the controllable risk factors, the most important to control is obesity, with diet and exercise next important. Since you are at risk, it is important for you to take control of the risk factors you can change and give yourself the best chance to prevent the disease in the first place.

**Q.**

Is it true that cranberry juice can help prevent Urinary Tract Infections? Why is that?

Signed,  
Cranberry in Kaltenbrunn

**A.** Dear Cranberry,

Urinary tract infections are very common infections and most frequently occur in women. The reason is because women are built differently than men. They have shorter urethras and it is easier for bacteria to get into the bladder since they don’t have as far to travel. Once in the bladder, the infection can grow without getting flushed out. A popular belief is that cranberry juice helps cure UTIs. This belief is absolutely correct. Cranberry juice changes the acidity of urine making it more difficult for bacteria to reproduce. Like any living organism, a change in environment makes survival more difficult - sort of like global warming in your bladder.

There are some other simple tricks that can help prevent UTIs. Practice good hygiene, drink plenty of fluids, and always wipe front to back. Some persistent UTIs require antibiotics so if symptoms persist, see your health care provider. If left untreated, UTIs can eventually work up to the kidneys, potentially causing serious consequences.

# Local team teaches skills, practices with kids

Pro hockey players visit children, bring fun and education

Story and photo by  
**JOHN REESE**

*USAG Garmisch Public Affairs*

The KvD gymnasium on Artillery Kaserne bustled with activity as Garmisch-Partenkirchen's local hockey team, SC Riessersee, visited Dec. 3 to offer round robin hockey lessons for the students of Garmisch Elementary-Middle School.

Hockey Day, the visit by the team to the American children, has been an annual occurrence for 10 years now, said 2nd grade teacher Erica Hansen.

"Today, the athletes are here to teach hockey," said Hansen. "The hockey players also come to school and read to the younger kids, usually kindergarten to fourth grade. They do it twice a year and sometimes around Dr. Seuss' birthday for the Read Across America program."

The hockey players bridge the gap between the younger and older students.

"They sign autographs for the older kids who are too cool to be read to," said Hansen.

The professional hockey players, clad in their colorful blue and white

team uniforms, provided hands-on instruction in defending and attacking goals, passing the puck, and good sportsmanship.

The students split up into teams and at the sound of a teacher's whistle rotated between stations, and then afterward played a little street hockey with the pros.

"The management of the SC Riessersee team always donates free children's tickets for the hockey game at the Olympic Ice Rink on Friday night," said Hansen.

The hockey pros who visit the garrison are always the North American players usually from Canada and the United States, and all of them spoke English, said Hansen.

"If there aren't many North Americans on the team that year, fellow teacher Bill Morgan gets German players who speak some English," said Hansen. "Shelley Mitchell, our physical education teacher, helps him out."

Morgan organizes the event and his own kids play on a German hockey team, said Hansen.

**"I don't think it's the best goal ever, but I'm pretty happy about it."**

**Laura Clement**

Garmisch Elementary-Middle School  
fifth-grader

jersey number 57.

"I don't think it's the best goal ever, but I'm pretty happy about it," said the 10-year-old.

The KvD gym is named after General der Artillerie Konrad Krafft von Dellmensingen, a Bavarian army general who established the Alpenkorps (German Mountain Corps) during World War I.

**Fifth-grader Laura Clement 'slapshots' past Troy Bigam. Garmisch Elementary-Middle School students kept the forward from Kelowna, British Columbia, busy with a constant barrage of pucks, Dec. 3.**

"Great shot!" praised Canadian Troy Bigam, who taught 3-on-1 goaltending and defense skills, deflecting multiple incoming pucks from the enthusiastic kids.

Laura Clement, a fifth grader at Garmisch Elementary-Middle School, was one of the few who got one past



## USAG Garmisch unfurls guidon for its first HHC

Story and photo by  
**JOHN REESE**

*USAG Garmisch Public Affairs*

The official standing-up ceremony of a new Army Headquarters and Headquarters Company took place Dec. 15 with the first-ever unfurling of the guidon and the assumption of command by Capt. Kyle Greenberg.

Col. Chris Sorenson and Command Sgt. Maj. William Berrios, U.S. Army Garrison Grafenwoehr, joined Soldiers and military personnel from the joint services tenant units to witness the ceremony.

The ceremony in the Mueller Fitness Center on Sheridan Kaserne was also attended by local dignitaries, civilian employees, family members and guests.

"This new guidon has been unfurled during peacetime in a city that welcomes the world, and it represents you just as you represent this garrison in our host community," said Karin Santos, U.S. Army Garrison Garmisch manager. "May all of your actions bring honor upon yourselves, the United States Army, and the United States of America."

Greenberg did not wait until the official assumption of command to begin his duties; instead he rode toward the sound of the guns and took charge of his responsibilities upon arrival.

Building the company to the moment of unfurling the guidon took months of preparation, and with the assumption ceremony, his leadership duties have expanded as more Soldiers arrive to fill the ranks.

The senior noncommissioned officer and commander of troops for the ceremony, 1st Sgt. Alex Thompson, arrived in-country less than a week before the ceremony. He was met at Frankfurt airport by Greenberg and the leaders immediately began working on their command team philosophy during the five-hour drive back.

"We ask a lot from you, and we rarely give you the rest that you deserve, but 1st Sgt. Thompson and I can promise that we will not rest either," said Greenberg, addressing the troops. "Instead, we will do everything in our power to support your mission, your families and your well-being until our final day in command."

**The guidon for Headquarters and Headquarters Company, USAG Garmisch, is unfurled for the very first time. From left, Garrison Manager Karin Santos stands ready to receive and pass the guidon from 1st Sgt. Alex Thompson to Capt. Kyle Greenberg, while Staff Sgt. Timothy O'Hara and Spc. Eric Harshbarger assist.**



## ACS collects, donates cell phones to local women's shelter

Story and photo by  
**JOHN REESE**

*USAG Garmisch Public Affairs*

The Garmisch Army Community Service delivered a bag of donated cell phones to the director of the Murnau Frauenhaus Women's Shelter, Dec. 9.

The purpose of collecting the phones was ACS's contribution to October's National Domestic Awareness Month, said Tila Seals, ACS Program Specialist.

"It was an occasion to raise awareness and educate the community about Army Community Service prevention programs, victim support services and the availability of treatment intervention services for offenders," said Seals.

**Tila Seals (left) donates 15 cellular phones to Susanne Schagger, director of the Murnau Frauenhaus Women's Shelter. ACS and children from the garrison community conducted the drive as part of "Make The Right Choice! Act To Prevent Domestic Abuse," the Army's 2009 theme for October's National Domestic Awareness Month.**

Shelter Director Susanne Schagger, speaking in English with the help of an interpreter, visited the ACS office on Artillery Kaserne to receive the phones and thank the Americans for donating their 'handys.'

"Some of these look new," said Schagger, checking out a complete mobile phone set still in its original packaging. "Most of the time the charger is missing."

Seals credited ACS volunteer Daniela Moten for contacting the shelter and arranging delivery of the phones, and children from the garrison who collected 25 cellular phones.

"Make The Right Choice! Act To Prevent Domestic Abuse!" was the Army's theme for 2009, that stressed that everyone, no matter how big or small, can do something to prevent domestic violence," said Seals. "ACS did a partnership with the school to have a cellular phone drive in order to teach the children about family violence."

Seals said the 2009 cellular phone drive was a great success, and that the phones will be given to victims of abuse so that they can have a way to communicate in times of crisis or emergency.

"Fifteen cellular phones were given to the Murnau Shelter and 10 phones will be given to a stateside women's shelter," said Seals.



# Assistant IG advocates for Soldiers, commands

by **MARK HEETER**  
*USAG Schweinfurt Public Affairs*

Sgt. 1st Class Adam Harrer, a Bamberg-based assistant Inspector General, U.S. Army Europe, calls himself and his colleagues the “eyes, ears and conscience of the commanding general.”

“We’re independent fact-finders,” Harrer said of IG staffs.

Sgt. 1st Class A.J. LeBlanc, the new assistant IG for the Schweinfurt community, brings his background as a military policeman to the position from Fort Carson, Colo.

“I really just look forward to being that person who can just help USAREUR and the Schweinfurt community focus in on what Gen.

Ham’s and of course the USAREUR IG’s ... vision of the way operations should run,” LeBlanc said.

Part of the job of an IG is not only to solve existing problems but to prevent potential trouble spots from escalating, said LeBlanc, noting observations from his first few weeks on the job.

“One thing that I’ve seen is that every single commander simply wants to know about the problem and what they have to do to fix the problem,” he said.

“So there is a genuine concern ... they legitimately, honestly care about their Soldiers and want to fix a problem or prevent a problem from happening,” LeBlanc said.

Harrer and LeBlanc, in Bamberg and

Schweinfurt, respectively, are among the first four Soldiers assigned to USAREUR Mission Support Elements, also currently located in Baumholder and Ansbach.

“A Soldier here in Schweinfurt doesn’t have to call Heidelberg and we become just a voice on the phone or an e-mail. There’s a face to it,” Harrer said of the benefits to having IG representation at each community.

The assistant IGs offer their services to



Harrer



LeBlanc

any Soldier or civilian, according to Harrer, but they ask Soldiers to do a bit of legwork on their own behalf before coming to the IG.

“One of the first questions we ask Soldiers is, ‘Have you engaged your chain of command?’” Harrer said. “If the command doesn’t know there’s an issue, they can’t fix it.”

LeBlanc’s office is located in Room 214 of Building 1 on Conn Barracks. He can be reached at DSN 353-8574, CIV 09721-96-8574.



## Home cookin’ for the holidays

Schweinfurt Middle School seventh grader Paige Dasalla decorates the chimney on one of her gingerbread houses as part of a seasonal project for her Advancement Via Individual Determination class.

Each student in the class designed and built two gingerbread houses, according to Troy Purdin, the school’s AVID teacher.


Photo by Mark Heeter

USAG Schweinfurt


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# Training center draws on Afghan realities

Soldiers preparing to deploy participate in realistic role-play exercises at Camp Robertson training area

Story and photos by  
**NATHAN VAN SCHAIAK**  
*USAG Schweinfurt Public Affairs*

Spc. Zeshia Brown, a clerk for the 630th Military Police Company, frisked a role player dressed as an Afghan woman at a mock U.S. checkpoint. The woman and her male accomplice were suspected of carrying weapons.

“She’s got a knife!” Brown shouted, confirming her suspicions.

Fifty yards behind Brown, members of her squad searched the van where they also discovered a cache of weapons and other dangerous devices.

Meanwhile, adjacent to Brown, Pvt. David Thomas stood watch over a robed male role player, the accomplice. The man, at first tense and uneasy, lunges at Thomas’ ankle.

Thomas’s reaction is instantaneous, almost instinctive. Resorting to his hand-to-hand combatives training, Thomas’ reaction is precise and lethal.

This is not Afghanistan, but close to it. Today, Camp Robertson training area is part of a staging ground for a squad lanes exercise to train Soldiers of the 630th Military Police Company, 709th MP Battalion, 18th MP Brigade.

“This is an awesome facility. These are some of the best training fields,” said 1st Sgt. Thomas Buettner.

“That’s the guillotine,” whispered Buettner, observing squad members of his 630th Military Police Company take part in a squad lanes exercise as they prepared for deployment to Afghanistan in the spring.

According to Buettner, three platoons will deploy and an augmentation platoon will remain behind, all part of the 630th MPs.

The squad lanes exercise is the first of two major training events for the company prior to deployment, and pits Soldiers against the scenarios they can expect to see in Afghanistan.

The lanes offer training in IED response, checkpoint roadblock, working with the Afghan National Police, VIP escort, cordon and search, quick reaction force, maintenance recovery, and entry and control point.

Squads train in eight-hour phases, followed by eight hours of down time and an additional eight hours to prepare for the next lane.

“The squad lanes exercise is the last time MP squads get to train together before moving on to the mission readiness exercise, the last training exercise before deployment,” said Sgt. 1st Class Daniel Sturges, the 630th MPs operations sergeant.

“Most of the fighting down there is based on squads. A squad leader is running the show, making critical decisions on the ground and making the calls. What we’re doing is brushing up on our skills,” Buettner said.

“In the two weeks that I’ve been here we’ve progressed a lot,” said Staff Sgt. Joshua Wasserman. “We went from a basic understanding of how to do things to out here doing it full force.”

“We have a lot of people teach the lanes with a lot of experience downrange,” said Pvt. David Dias.

As a female, Spc. Zeshia Brown offers a unique dynamic to the squad. Females are playing a larger role in today’s Army, especially in Afghanistan where they are assuming some of the critical roles, particularly those associated in dealing with Afghan women, according to Buettner.

“I’m a human resource specialist,” said Brown. “We’re not used to all this training. They’re showing me what I need to be looking for.”



**Above: Soldiers from the 630th Military Police Company, 709th MP Battalion, 18th MP Brigade, participate in a squad lanes exercise prior to deployment to Afghanistan.**



**Right: Pvt. David Thomas (far left) watches over a role-player suspected of transporting weapons, while Spc. Zeshia Brown (left) searches a woman for weapons.**

# Last of 1-91st Soldiers depart for Afghanistan

Story and photo by  
**NATHAN VAN SCHAIAK**  
*USAG Schweinfurt Public Affairs*

A trail party from the 1st Squadron, 91st Cavalry Regiment (Airborne) departed Schweinfurt, Dec. 9, marking the beginning of the regiment’s 12-month deployment to Afghanistan.

The main body departed the week before.

The 1st Squadron, 91st Cavalry Regiment (Airborne) arrives in Afghanistan to replace the 3rd Squadron, 71st Cavalry Regiment.

“The unit they’re replacing there has done an outstanding job and we’re hoping to continue the positive trends,” said Capt. Chris Shepherd, the rear detachment commander for 1st Sqdn., 91st Cav. Regt.

While in Afghanistan, the mission of the 1st Sqdn., 91st Cav. Regt. will be to secure the populace and expand governance, according to Shepherd.



“They’ll be working with the local government and trying to instill confidence in the people in the government and get rid of the

corruption in the area. Information operations is also huge there,” he said.

“I feel sad, but I know he will come

**A trail party of Soldiers from the 1st Squadron, 91st Cavalry Regiment (Airborne) departs Schweinfurt, Dec. 9, marking the beginning of the regiment’s 12-month deployment to Afghanistan. The main body departed the week before in two large movements.**

**While in Afghanistan, the mission of the regiment will be to secure the populace, instill confidence and expand governance.**

back,” Aylin Aponte said, referring to her husband, Sgt. 1st Class Jose Aponte, who departed Dec. 9.

Kimberly Pereira, the squadron’s

family readiness support assistant, expressed confidence about the spouses’ readiness.

“I feel the spouses are prepped for everything they need for deployment,” Pereira said.

Loved ones left behind in were offered several post-deployment briefings about communications expectations, the regions Soldiers will be located, and all the benefits that come with deployment.

The U.S. Army Garrison Schweinfurt also provided assistance with family deployment processing, as well as understanding the casualty notification process, according to Pereira.

Squadron Family Readiness Group leader Judy Fellingner offered her words of wisdom to spouses and family members.

“Stay busy, stay connected, and if you need help, ask for it,” Fellingner said. “Even the most seasoned spouse has a bad day. We all need a little help now and then.”

# Veterans Affairs briefing educates Soldiers, eases transition

Story and photo by  
**EMILY ATHENS**  
*USAG Schweinfurt Public Affairs*

The Department of Veteran Affairs plays an active role in supporting those service members and their families separating from the military.

To ensure military members everywhere

understand the existing benefits, VA representatives make their rounds to garrisons worldwide to conduct briefings at designated transition sites.

“The goal with this whole thing is to make certain (they) have an easy transition,” said Bill Treadwell, a retiree and VA rep from Camp Lejeune, N.C., who recently briefed the

Schweinfurt community, Nov. 30.

The Schweinfurt briefings, which were recently attended by nearly 170 participants, provide information on a full range of VA benefits including education, compensation, health care, insurance, disabled benefits and pensions.

“It’s important to know that these briefings are open to everyone; it’s open to the community,” said Shannon Gray, Army Career and Alumni Program manager.

The briefings, according to Gray, are especially beneficial because numerous Soldiers and their family members are unaware of what is available to them through VA.

“VA ties into their future jobs, it ties into their education, their compensation; it ties into so many aspects of their life, so they need to understand,” she said.

Although not required, everyone, especially those separating from the military, is encouraged to attend the briefing.

Information provided from the meeting can jumpstart a person’s retirement or separation and ensure timely receipt of earned benefits.

“I urge you - get started now on your application. You don’t have to wait until you’re off active duty,” Treadwell said to Soldiers at

The next VA briefing will be held Jan. 12, 2010, from 8 a.m. to noon, at Building 40, Conn Barracks.

**Bill Treadwell, a Veterans Affairs representative from Camp Lejeune, N.C., answers Soldiers’ questions after the VA briefing, Nov. 30. VA briefings and Disabled Transition Assistance Program are held monthly for the community.**



the briefing.

In addition to visiting the Web site, [www.va.gov](http://www.va.gov), or calling 1-800-827-1000, Soldiers can visit the nearby Landstuhl VA facilities.

Treadwell said the VA there provides professional and efficient veteran-focused services.

“There are so many people in the community involved in it to help our Soldiers. If you have questions, they have answers,” Gray said. “They have worked so hard. These are benefits that they have earned. It’s part of their future and they’re available for a lifetime.”

Additionally, Disabled Transition Assistance Program briefings are available.

For more information on services provided, call the Army Career and Alumni Program, or ACAP, at CIV 09721-96-8871/8867, or the Schweinfurt Transition Center at CIV 09721-96-8693.

# Wallet, owner reunited after 61 years

by **RONALD H. TOLAND JR.**  
*USAG Ansbach Public Affairs*

In early spring of this year during garrison beautification, several Directorate of Logistics employees found a wallet.

A few months later, the wallet's owner, Jack Grose, was reunited with the leather billfold and all its contents, after having been without it - for 61 years.

"The look on dad's face when he saw the pictures (in the wallet) was priceless," said Grose's daughter Trina Winegardner, of Marion, Ind.

The wallet was found, among other old items, in a Barton Barracks building attic store room by Directorate of Logistics staff member Robert Howard, a property book officer.

He said the attic store room was like walking into a time capsule and that's where he found the old, dusty wallet.

"You could tell it was not new, since wallets do tend to get dog-eared over time, but I did not think it was this old," Howard said.

As he looked through the wallet, Howard found Jack Grose's ID card.

"I was looking for more of a unit designator," he said. "When I started seeing the pictures in it, it seemed to me that the wallet had been up there for quite a while."

Howard reported this to his director, who dug deeper into the wallet and found another interesting item.

"We found this ripped-in-half money order, date stamped Oct. 4, 1948, in the amount of 60 dollars," said Mickey Mumfrey, director of logistics.

From the names on the money order, the Directorate of Logistics staff went to work to locate its owner and successfully contacted John Peck, a local volunteer genealogist for the Grant County Historical Society through a simple Internet research.

Peck later contacted Grose and connected him with the Directorate of Logistics in Ansbach.

"The money order found in the wallet was for my father's mother, Pauline Ferguson," said Winegardner. Winegardner said she believed he was saving some of his income for his mother for when he got out of the Army.

Once the news of the find reached the family, Winegardner said she contacted some of her father's Army buddies to share the news.

"The members of the 97th Signal Corp hold a reunion each year and I've had the pleasure of meeting several of the gentlemen," she said.

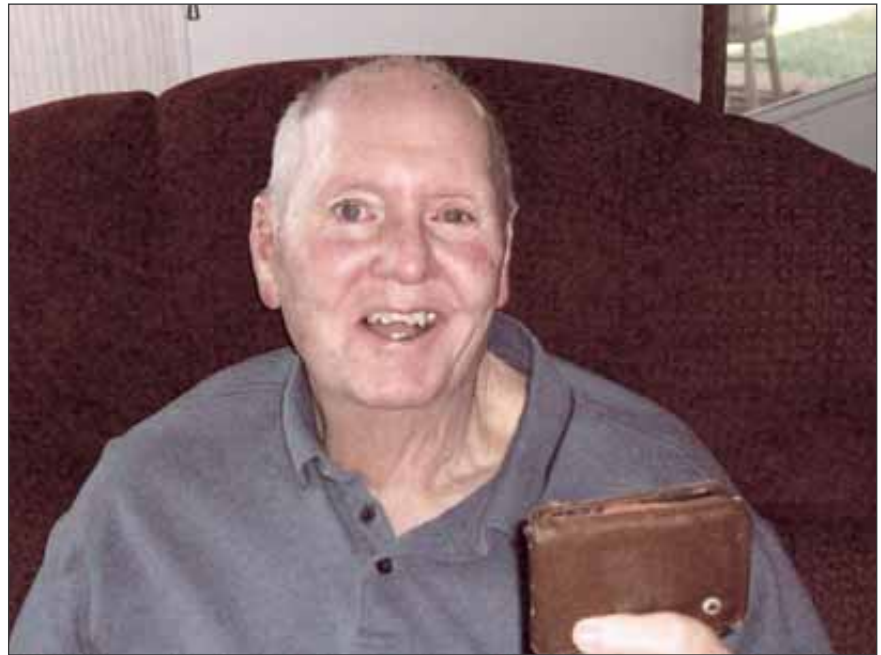
Winegardner later learned from one of her father's Army buddies that Soldiers back then were paid about \$120 per month.

"Sixty dollars was half of his paycheck - quite a savings plan," said Winegardner.

She said her father, now 78, living in Marion, Ind., and married to his wife for 50 years, often spoke fondly of his time in the service and the places he had been stationed - Germany and France being his two favorite locations.

"Any morning you wake up is a good morning," Winegardner said, quoting her father.

But back in Ansbach, once the garrison Directorate of Logistics personnel received the address, they immediately mailed the wallet



**Jack Grose, 78, holds a wallet that was returned to him after he lost it nearly 61 years ago.**

*Courtesy photo*

and all its contents to Grose, who, according to Winegardner, has it displayed in a large shadow box.

"We will proudly display it in our living room and be happy to tell the story to anyone who asks about the kind people in Germany who not only found the contents, but went to great lengths to find the rightful owner and return it to him," said Winegardner.

Winegardner said to some people, it was just an old, dusty wallet, but to her father, it was a priceless memory.

"If it were one of our own family members, we would want the pictures for our memories," said Mickey Mumfrey, director of logistics for the garrison.

She said she and her staff were confident the wallet belonged to a Soldier and wanted to attempt returning it to its rightful owner, if possible, or at least to the Soldier's family.

"We were so elated when we were able to locate and return the wallet to him after all this time - seemed like a miracle come true," Mumfrey said.

# ODR makes it 'mission possible' for warriors

by **RONALD H. TOLAND JR.**  
*USAG Ansbach Public Affairs*

**Operation:** Conduct the Warrior Adventure Quest Program 2009-2010 through U.S. Army Garrison Ansbach's Directorate of Family, Morale, Welfare and Recreation's Outdoor Recreation, in coordination with the garrison and the 12th Combat Aviation Brigade.

**Mission:** Fun and learning.

**Purpose:** To assist returning Soldiers deal with post-combat stress.

**Summary:** Free, high-intensity trips for reintegrating Soldiers, sponsored by the Department of the Army and Ansbach's Outdoor Recreation program.

When Soldiers return from downrange, platoon-sized groups of about 30 Soldiers have the opportunity to participate in the Warrior Adventure Quest.

"Our garrison is one of the selected garrisons in Europe to



*Courtesy photo*

**High-adrenaline activities in high-altitude places are what reintegrating Soldiers can expect to see when attending Warrior Adventure Quest trips. The trips are sponsored by the Department of the Army and Ansbach's Outdoor Recreation program.**

develop the Warrior Adventure Quest program as part of the Army's Reset, Reintegration and Battlemind

training initiatives," said Marc Jarvis, Ansbach's Outdoor Recreation Center director.

"It is part of the 90-day time period for Soldiers returning from deployment. Going from that high-adrenaline type mindset phase of deployment to a lower-adrenaline range upon return gives the Soldiers time to relax and release any pent up energy during this activity."

Jarvis said the Warrior Adventure Quest provides high-adventure recreational learning programs for Soldiers, helping them transition to the "new normal" and possibly deter high-risk behavior that sometimes occurs during this period.

"All WAQ programs include a Battlemind Psychological Debrief and the WAQ is the 'hook' to peak Soldiers' interest (outdoor versus classroom), with the BMPD being the tool to assist the Soldiers to learn from their experiences," said Jarvis.

He added that the majority of Soldiers will cycle through the one-day winter program over three months at designated locations. FMWR Outdoor Recreation will provide all

equipment and transportation.

"We want to help mitigate boredom and high-risk behavior of redeploying Soldiers by providing high-adventure activities in an outdoor environment," said Jarvis.

"We want to help refocus their need for high adrenaline in a positive way through this program's outlet," Jarvis said.

In addition to being fun (and required), the program contains an instructional component as well.

"We are providing them with skills and directing them in sports that they can do for the rest of their lives," Jarvis said. They will be "... learning new skills, trying new things, building group cohesion and esprit-de-corps, and focusing their energy in a constructive way."

To sign up for the Warrior Adventure Quest, contact Jarvis or any of the other WAQ staff at Katterbach Outdoor Recreation Division, DSN 467-3354, CIV 09802-83-3354.



*Photo by Sharron McKinney*

## Dancing away deployment blues

**Daniel Decavele, choreographer and coach, leads a hip-hop Workshop for sixth-12th grade students at Ansbach Middle/High School gym, Dec. 12. Decavele owns and operates the Hip-Hop Dance Academy in Gottingen, Germany, and has won numerous titles for his hip-hop dancing.**

## Ansbach townhouses first in Army for energy efficiency

Continued from Page 1  
savings are expected."

The passive houses are anticipated to consume only one quarter of the energy demanded by an EnEV home, said McPeak. The most impressive feature, he added, is the innovative heating and ventilation design system, which captures and recycles about 92 percent of "waste heat" from the lighting fixtures, major appliances, ground heat pump circuits, exhaust air and even people or animals in the rooms to allow the house to heat itself.

This "passive," whole-building perspective, which requires an air-tight seal to every utility cable, window and door, makes for a home that keeps a consistent temperature in summer or winter, with only a one- or two-degree temperature difference between the center of the room and the area by the window.

The passive house standards are more rigorous than the commonly-used Leadership in Energy and Environment Design or Sustainable Project Rating Tool paradigms.

"Comparing passive house standards to, say, LEED is like comparing apples and oranges," said McPeak. "LEED takes in to account things like proximity to school, shopping and highways when getting a rating. Passive house design is just about energy efficiency, so a true comparison can't be made."

Despite all the advanced technology put into the construction of these houses, it is designed to

be simple for the occupants to live in and use.

"The family living inside will not see any difference. There is no space-age control panel that requires a master's degree in electronics to operate," said Darren Walls, a district project manager. "There will be regular thermostats on the wall and everything else is in a mechanical room not located in the house."

When a Soldier drives onto the tree-lined streets and fenced backyards of this picturesque community, the only visual difference will be a roof-mounted solar panel that supports the homes primary passive solar heating system. But from the ground up, these homes are like nothing Norman Rockwell ever saw or imagined.

"These energy-efficient homes are a tremendous contribution to our environment because they preserve our limited, vital resources," said Command Sgt. Maj. Lester Stephens, U.S. Army Garrison Ansbach.

"In the long run, these homes are also an important improvement to our quality of life within our community," said Stephens. "Instead of spending money on high utility bills, we can invest the money saved on improving the morale for our Soldiers and their families."

There are approximately 200,000 Passivhaus units in Europe, primarily in Germany, Austria and Scandinavia, and the popularity is rapidly spreading. According to McPeak, the passive house could become the standard new house design in Europe within 10 years.

# Army revamps intervention training

U.S. Army Europe Public Affairs  
News Release

WASHINGTON - Suicide-intervention training is now available for Army leaders and other key personnel who are on the front lines of suicide prevention across the service.

The Army has approved two-day and five-day workshops on Applied Suicide Intervention Skills Training, known as ASIST. The workshops are produced by Living Works Education, Inc., at locations across the country.

The five-day ASIST workshop is a “train the trainers” course that will certify key Army personnel, who upon completion will be qualified to conduct the two-day ASIST course throughout the Army.

“We would never deploy Soldiers without first training them to accomplish their anticipated mission - why should suicide prevention be any different?” asked Brig. Gen. Colleen McGuire, director of the Army Suicide Prevention Task Force.

“When you go to the emergency room with a physical injury, you’re right to expect the nurses and doctors are well-trained and can get you the care you need,” McGuire said. “The same should be true if you’re thinking of harming yourself and you choose to go to your leadership or other Army professionals seeking help.”

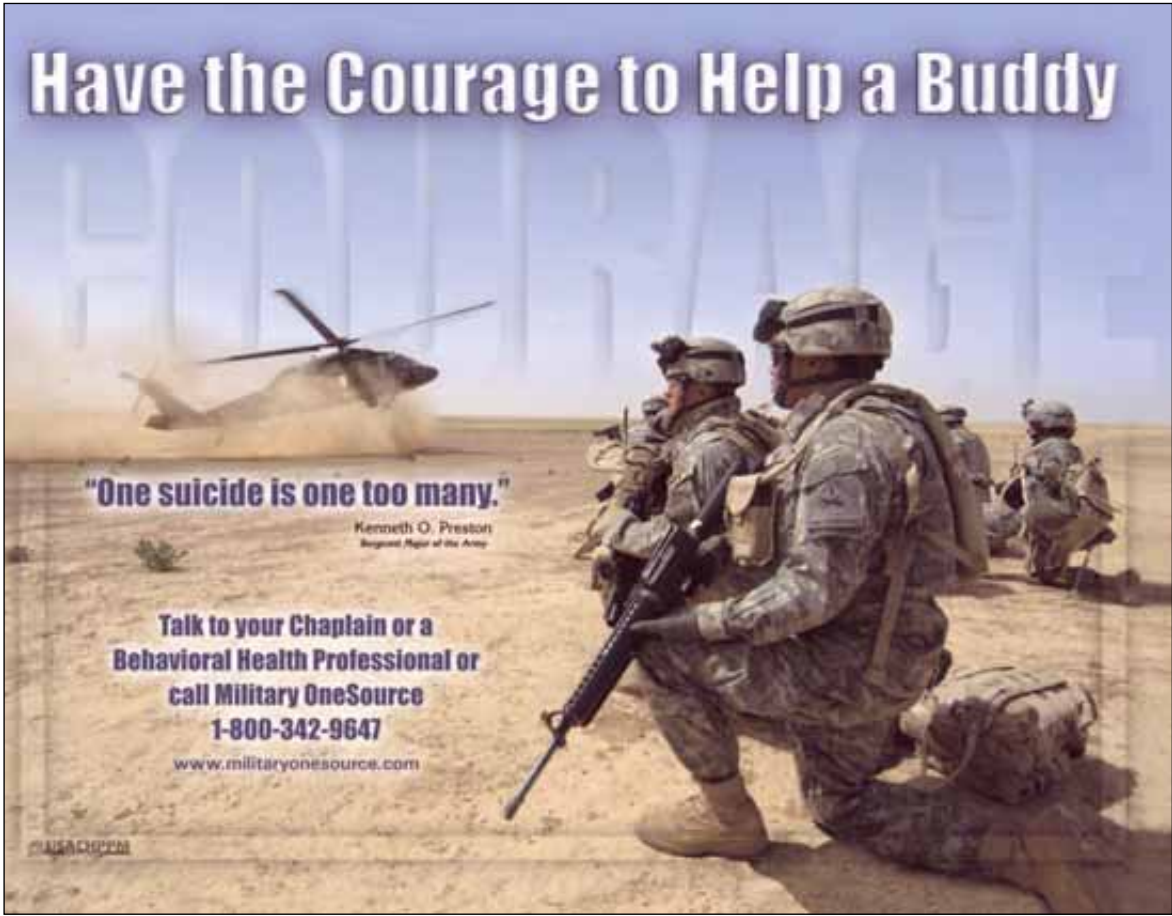
The two-day ASIST workshops will train Army leaders, chaplains and chaplain assistants, substance abuse counselors, family advocacy program workers, medical and dental-health professionals, and other care providers in a range of suicide-prevention and intervention skills.

From identifying those who may be having thoughts of suicide to improved understanding of how beliefs and attitudes affect suicide interventions, Army personnel who complete the two-day course will be better able to save Soldiers, family members and Department of the Army civilian’s lives and serve as an additional suicide prevention resource for Army commanders, said Walter Morales, Army suicide prevention program manager.

“We want to rapidly expand the suicide-prevention capabilities of our Army,” Morales said. “That means making realistic, immediately useful training available for the key links in our suicide-prevention chain.

The two-day and five-day ASIST workshops provide both the intervention skills our community needs, and a way for us to get more qualified, competent and capable trainers at units across the Army.”

An updated version of the Army’s regulation on Health Promotion (AR 600-63), which became effective Sept. 20, requires Army commands to maintain an appropriate number of certified suicide-intervention skills trainers on staff. An



Graphic by CHPPM

**Army suicide-prevention posters can be downloaded from the Army Center for Health Promotion and Preventative Medicine Web site.**

implementation timeline for this requirement along with funding requirements and a target date for completion are still pending, Morales said.

“Regardless of where a Soldier or Army civilian is assigned, we need to have the right number of trained suicide-intervention personnel in place,” Morales said. “Soldiers must be confident they can get professional assistance when they reach out for it.”

“I recently completed the two-day ASIST course,” said Jan Morgan, a senior program analyst for the Army Suicide Prevention Task Force. “I didn’t expect to be so impressed with the effectiveness of the training.

“It provides the opportunity to better understand the needs of a person at risk of suicide and learn how to use suicide ‘first aid’ to connect, understand and assist with persons at risk; identify ‘invitations’ for help, and listen

for reasons for living. To me, ASIST is as valuable to saving someone’s life as being CPR trained.”

Army personnel interested in attending ASIST training should contact their command suicide prevention program manager for course locations, dates, availability and enrollment information.

More information about the ASIST workshops is available at [www.livingworks.net](http://www.livingworks.net).

The ASIST training is intended to complement the Army’s approved “Ask, Care, Escort” or ACE Suicide Prevention training currently available for all Soldiers and front-line supervisors.

ACE standardized training and awareness material can be downloaded from the U.S. Army Center for Health Promotion and Preventative Medicine Web site at <http://chppm-www.apgea.army.mil>.

## ACE-SI places Soldiers first

Continued from Page 1  
training program to “develop confidence in the individual Soldier to help his buddy, to find out if he’s at risk, to care about him and make sure that he gets to the help he needs.

“It’s a very aggressive, very forward-thinking plan,” said Hartz of the Suicide Prevention Action Plan which incorporates the ACE-SI training.

The course combined training in suicide intervention through lessons on identifying and helping to prevent and intervene with suicidal individuals. Hartz used facts, insight from experiences of suicide prevention counseling, exercises in active listening, intervention role-playing, and short video-bytes to teach the fundamentals of being a suicide intervention first-responder.

“I expected to come in and learn statistics and other warning signs – but that’s not what we’re learning. We’re learning actually how to intervene,” said Casey Emmendorfer, family readiness support technician for 2nd Squadron, 2nd Stryker Cavalry Regiment, whose unit is preparing for deployment. “It’s a true intervention tool instead of just knowledge.”

For more information about ACE-SI skills training courses, or for a schedule of upcoming courses compiled by the USAG Grafenwoehr suicide prevention task force, call Vicki Duffy at DSN 475-8433, CIV 09641-83-8433 or e-mail her at [vicki.duffy@eur.army.mil](mailto:vicki.duffy@eur.army.mil).

## AER earns elite 4-star status

Army Emergency Relief  
News Release

WASHINGTON - Army Emergency Relief recently earned its fourth consecutive four-star rating from Charity Navigator, the nation’s largest and most-utilized evaluator of charities. According to Charity Navigator, only 8 percent of the charities it rates have received at least four consecutive four-star evaluations.

This coveted rating reflects AER’s sound fiscal management and program efficiency in providing financial assistance. In 2008, 91 cents of every dollar spent by AER was for the program costs involved in taking care of Soldiers and their families.

AER is the Army’s own military aid society, founded in 1942 in response to the need for Soldiers and their families who were experiencing financial emergencies in World War II. Since its founding, AER has provided over \$1.2 billion of financial assistance.

AER provides financial assistance for such needs as emergency travel, housing, car repair, food and utilities. With assistance provided in the form of a no-interest loans and grants, AER provides the Army a valuable resource in helping take care of Soldiers and their families.

AER assistance is available to Soldiers and their families wherever they are located and the amount of assistance approved is only limited by a valid need. Soldiers and their family members requiring AER assistance need only contact their chain of command or

### Army Emergency Relief resources

- Ansbach - Katterbach Kaserne, Bldg. 5817-A  
DSN 467-2604, CIV 09802-83-2604
- Garmisch - Artillery Kaserne, Bldg. 203  
DSN 440-3777, CIV 08821-750-3777
- Grafenwoehr - Bldg. 244  
DSN 475-8371, CIV 09641-83-8371
- Vilseck - Bldg. 322  
DSN 476-2650, CIV 09662-83-2650
- Hohenfels - Bldg. 10  
DSN 466-3401/4860, CIV 09472-83-3401/4860
- Schweinfurt - Ledward Barracks, Bldg. 242  
DSN 354-6933/7071, CIV 09721-96-6933/7071.

local AER office.

Under AER’s Command Referral Program, company commanders and first sergeants have the authority to approve AER loans to their Soldiers up to \$1,000.

Based on reciprocal agreements, Soldiers and families not near an Army Installation AER office can seek assistance from the Air Force Aid Society, Navy Marine Corps Relief Society, Coast Guard Mutual Assistance or a local chapter of the American Red Cross.

Full details on AER’s assistance programs may be found by contacting your local AER officer or on the Web at [www.aerhq.org](http://www.aerhq.org).



Photo by Spc. Jerry Wilson

### Making the holidays brighter

**Pfc. Ami Cantway of FIRES Squadron, 2nd Stryker Cavalry Regiment, receives a holiday check for \$250 from Robert Massey, chief of Housing Division. The check was given to the deserving Soldier on behalf of the Professional Housing Management Association, the Crystal Chapter and U.S. Army Garrison Grafenwoehr.**

## Retirees still need ‘pink card’ from Customs Office to shop

Continued from Page 1

Agency facilities. However, because of the European Community Customs Code, this ruling was always subject to revocation, she added.

The new Forces Customs Ordinance codifies that privilege and allows retirees to shop for nonrationed items in AAFES and DECA facilities in Germany, and pay German Customs a flat rate of duty of 17.5 percent for goods that cost less than the equivalent of 50 euro per item, Strumpen said.

For purchases of items with a single-item sales price of the equivalent of 50 euros and more, German Customs will apply the 19 percent value-added-tax plus the customs tariff for the item. German Customs personnel will determine what the final rate will be, Strumpen explained.

Web sites are available to help retirees determine their duty rates. A list of the tariff rates used to determine duty rates for specific items in English can be found at [www.zolltarifnummern.de](http://www.zolltarifnummern.de) and in German at [www.ezt-online.de](http://www.ezt-online.de).

The euro rate German Customs uses to calculate the value of items is available at [www.zoll.de](http://www.zoll.de). German Customs will use the euro rate applicable for the month the purchases were made.

Retirees must still report purchases monthly to local German Customs offices and register annually with U.S. Forces Customs-Europe offices, stressed Bill Johnson, director of the USAREUR Office of the Provost Marshal Customs Executive Agency. They cannot shop unless they have been issued the so-called “pink

card” by a German Customs office.

Another benefit for retirees is that the German Federal Ministry of Finance Customs Department agreed they can use the U.S. forces postal system and receive packages in Germany up to a value equivalent to 22 euros without paying taxes or duties, Strumpen said.

She added that efforts are currently ongoing with the Federal Ministry of Finance Customs Department to work out procedures for declaring parcels to German Customs authorities.

The 16-ounce Department of Defense-mandated weight restriction when using the U.S. forces postal system has not changed, Johnson added.

“Our job is to facilitate procedures to support U.S. personnel,” Strumpen said.

The German Federal Ministry of Finance Customs Department has been willing to come to these arrangements because it appreciates the continuing partnership with the USAREUR Provost Marshal as the Customs Executive Agent for the U.S. forces, she said, adding that this is also proven by the fact that Germany is the only European Union member state that grants customs benefits to U.S. retirees codified by statute.

Johnson said USAREUR customs officials take part in community retiree open houses and preretirement briefings to help educate U.S. personnel about customs policies and procedures. He also recommended that retirees who have questions visit their local retirement services or military customs offices.